

2018

Choosing Healthy & Active Lifestyles for Kids



Be Physically Active Everyday



CHALK

CHOOSING HEALTHY & ACTIVE
LIFESTYLES FOR KIDS™

January

Sunday

Monday

Tuesday

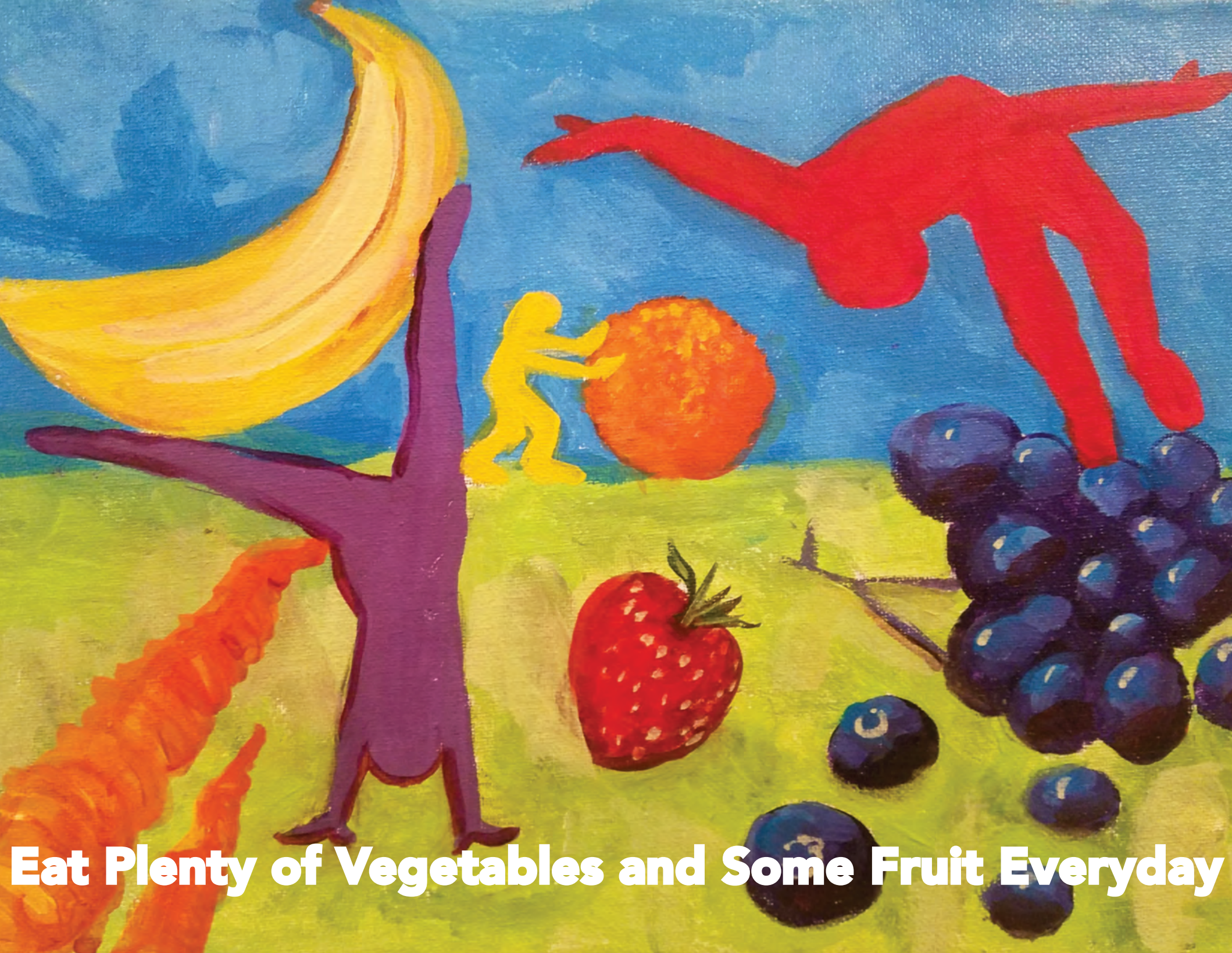
Wednesday

Thursday

Friday

Saturday

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



Eat Plenty of Vegetables and Some Fruit Everyday



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February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3



Get Enough Sleep and Eat Breakfast



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March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



1%

Switch to Low-Fat (1% or less) Milk, Cheese, & Yogurt



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April

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

**Do Something Healthy Every
Day that Makes You Feel Good**





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May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	31	31	1	2



Drink Water Instead of Soda or Juice



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June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



LIVE
YOUR LIFE

iVive Tu Vida!



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July

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Add Some Green to La Bandera!



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August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Turn Off the Screens & Live Your Life





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September

Sunday

Monday

Tuesday

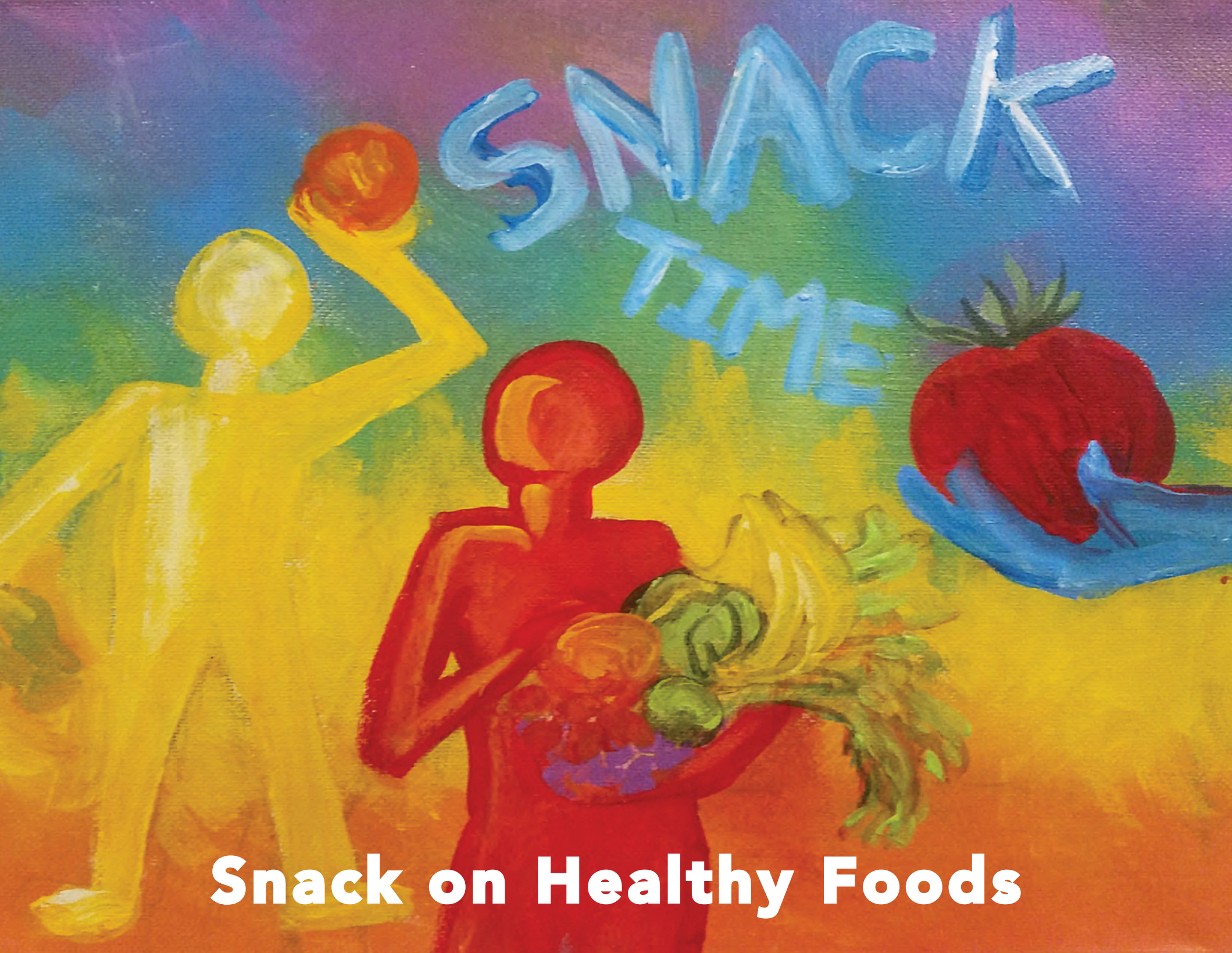
Wednesday

Thursday

Friday

Saturday

26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29



Snack on Healthy Foods

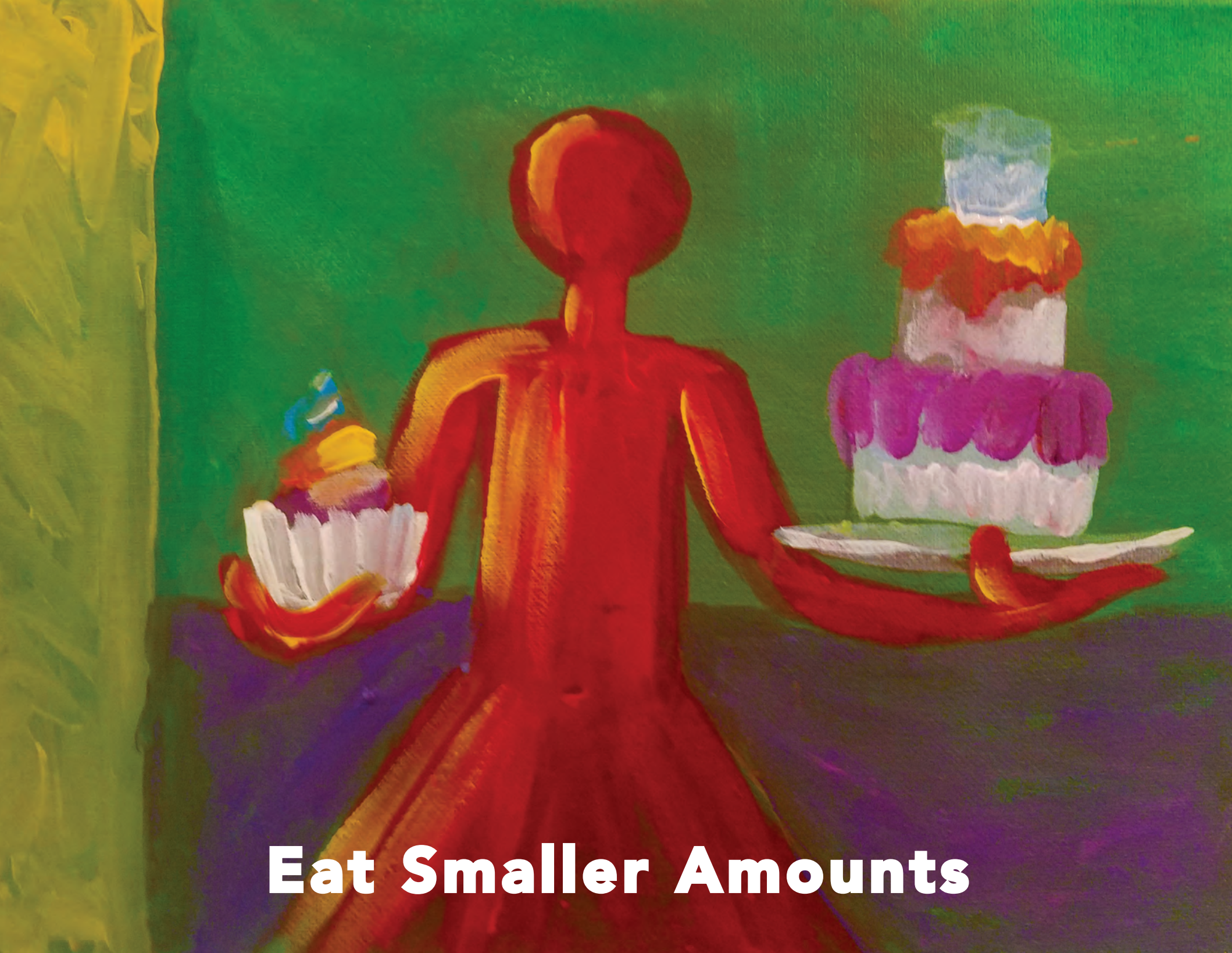


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October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



Eat Smaller Amounts

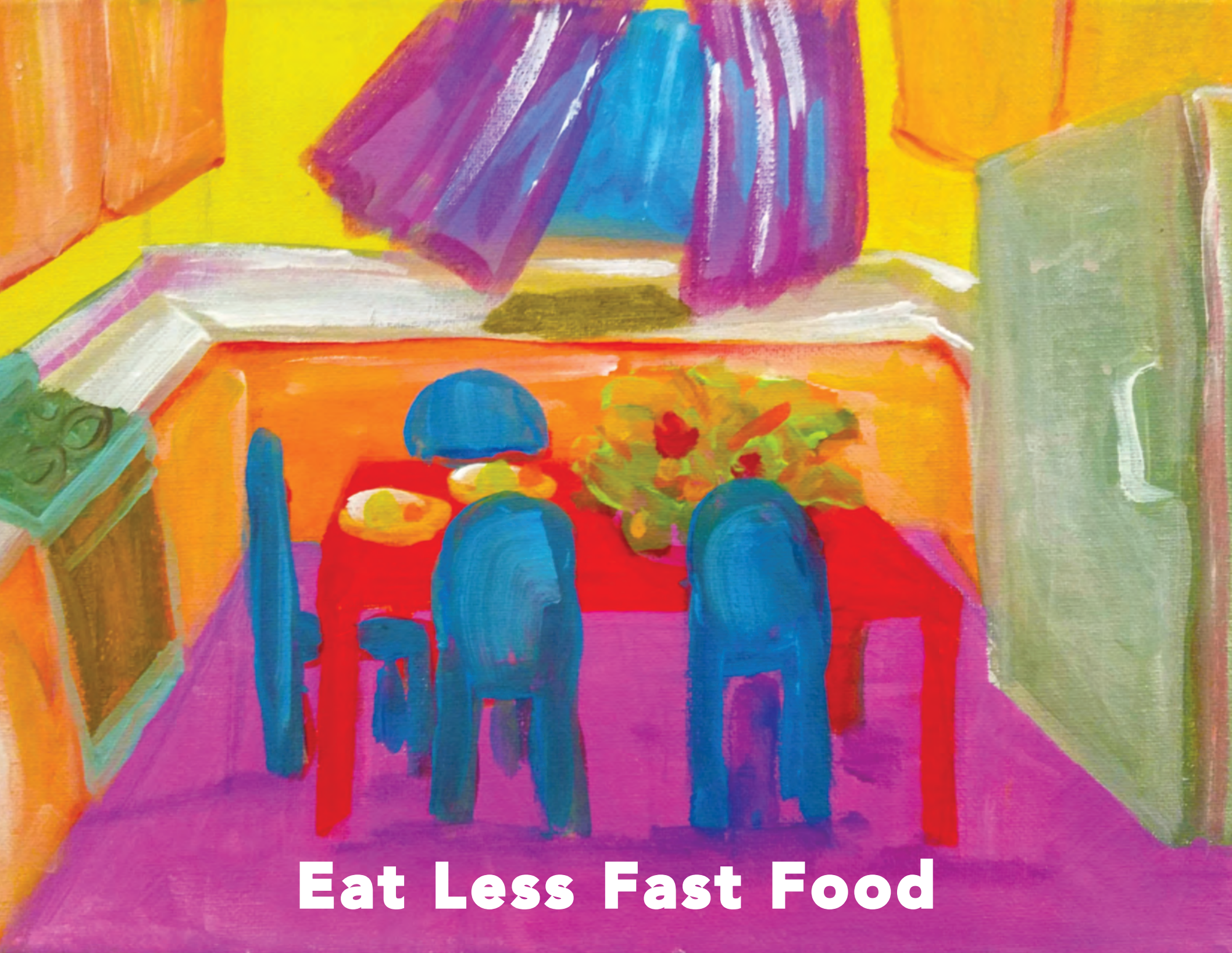


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November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1



Eat Less Fast Food

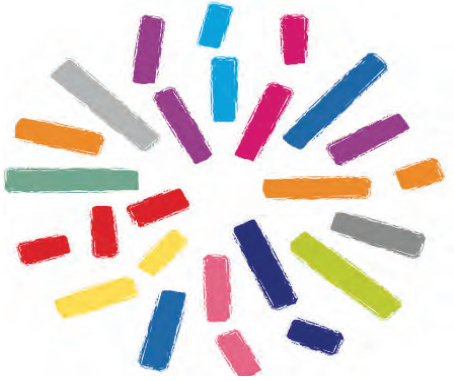


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LIFESTYLES FOR KIDS™

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Healthy Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

About the artist

Ashli Sisk is the winner of the 2018 CHALK Healthy Habit Calendar competition hosted in partnership with Northern Manhattan Arts Alliance. She currently lives and works in New York City. She has exhibited in London, New York, San Francisco and Indonesia. Her work is primarily concerned with climate and conservation issues and public art. Ashli has painted four murals in New York City for organizations like National Audubon Society, Creative Art Works, and 100 Gates.

About the 10 Healthy Habits

"Vive tu Vida, Energia, Balance, Accion./Live your life, Energy, Balance, Action." is a message created by the Vive tu Vida/Live your Life Task Force to help educate, motivate and mobilize community members towards living healthier lives. Adapted from the 8 Habits of Healthy Kids™ with permission from Healthy Directions and its Healthy Children Healthy Futures program, the task force developed the 10 Healthy Habits after determining that a universal message tailored to the community of Washington Heights/Inwood was needed to bring awareness and solutions to the childhood obesity epidemic. This message communicates how to live a healthy and joyful life.

Thanks to our partners

PS/IS 210	PS 178	PS 132	PS 189	La Puerta Estrecha
PS/IS 18	Muscota New School	PS 4	PS 48	Christ Church - El Nido
PS/MS 278	PS 152	PS 102	PS 128	Fort George Enrichment Center
PS 98		PS 206	PS 180	
PS 28				

Thank you to Northern Manhattan Arts Alliance!



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