

## **Fit-tastic! FAQ's for Schools**

### **1. Is this a new program I need to implement in my school?**

This is not a new program, but rather a way to rethink our current approaches and be more effective to improve health. It includes messaging materials, using the 12345 Fit-tastic! message and a way to think about changes in policies and practices. The goal is to create and implement a plan tailored to your needs and interests in better coordinating and implementing wellness and health activities within your school.

### **2. How much classroom time will this require?**

This will only involve classroom time if you as a school you decide that is the approach you would like to use to incorporate wellness into the day.

### **3. We already do a lot of activities promoting health. What is the value adding this initiative to what we're doing now?**

The multiple wellness/health messages that children and parents hear in a day can be confusing. The 12345 Fit-Tastic! message provides consistency that will help families to remember these five evidence-based health behaviors that will help them become healthier and more ready to learn. This message is not just being used in schools, but also across the KC metro in hospitals, clinics, community centers, and other locations serving families. As children and their parents hear the messages repeatedly and receive consistent support to address the five health behaviors through the same assessment tools and health plans, it is much more likely that they act on the messages and achieve healthier lifestyles.

This initiative helps us shift our practices to better support the children and families we serve to adopt these healthy behaviors. Changing behaviors is not easy. It requires that we look at what we are doing now, determine what we might want to change and make sure we have supports in place to help us make those changes.

### **4. Are we expected to incorporate work related to all of the 12345 Fit-tastic! messages?**

Part of this work is creating a personalized plan, called a MAPPS for Change plan, for how YOUR school will engage. With the support of HLI staff, you will determine how best to carry out this initiative in your school and which points you would like to focus on. The messaging campaign exists as a bundle (12345 Fit-Tastic!). We can work with you to determine the best implementation plan for your school, whether that be emphasizing one of the 5 areas, or taking small steps towards each.

