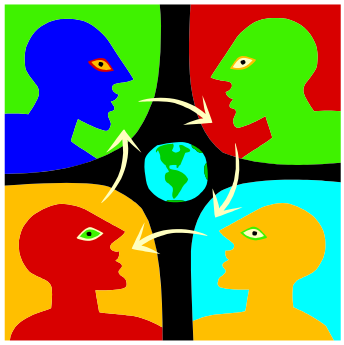
Be A Part of ARF in Any Setting

Schools

- Obtain administrative approval & make sure all staff know about it!
- Generate student buy-in – let students know they will be moving more as part of their curriculum and school-related activities. Utilize the ideas on the ARF CD. Hang up posters around the school and organize exciting kick-off events. Encourage kids by always reinforcing physically active behavior.



- Distribute promotional materials around your community (flyers, brochures, news releases, radio P.S.A's)
- Send materials home to parents/guardians
- Register participants
- Track and report student participation
- Distribute incentives
- Evaluation

Youth Organizations, PTA/PTO, Faith Organizations

- Consider how ARF fits or can fit into your program curriculum and activities. If you don't have a curriculum developed, utilize the ARF CD to set up a schedule of activities that focus on achieving 60 minutes of physical activity.
- Contact local schools to discuss collaboration opportunities
- Contact and recruit additional chapters, councils, etc. of your organization across the state
- Generate youth buy-in. Always try new things!
- Distribute promotional materials around your community (flyers, brochures, news releases, radio P.S.A's)
- Send materials home to parents/guardians
- Register participants
- Track and report student participation
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County/District Entities (Health Departments, Extension Offices, etc.)

- Promote ARF to schools, youth organizations, etc.
- Distribute promotional materials around your community (flyers, brochures, news releases, radio P.S.A's)
- Recruit ARF participants and school/youth group coordinators, health care settings
- Be a point of contact for interested participants/coordinators

- Contact ARF headquarters at arf@hhss.ne.gov and volunteer to provide guidance (i.e. training on how to implement ARF) to potential coordinators in your area. You will be provided with instruction and materials on how to do this.
- Provide printing services and other help with materials for individual groups
- Organize educational assemblies and workshops
- Serve as a liaison between state and local communities

Health Care Settings

- Refer patients for physical activity to the ARF *Move*ment
- Hand out physical activity recommendation cards that feature ARF information
- Hang ARF poster in clinic waiting room

Community Coalitions

- Promote ARF in any and all ways possible
- Sponsor physical activity education through media (radio, TV, newspaper, etc.)
- Recruit ARF participants and school/group coordinators
- Organize events (ARF kick-off, fun walks/runs/bike rides, health fairs, family activity days)
- Encourage sustainability of ARF Movement and other physical activity initiatives

Parents

- Support and encourage your children
- Serve as a role model of behaviors you expect your children to adopt
- Engage in physical activity with your children
- Encourage and recruit schools, organizations, and other families to support physical activity through ARF

"Above and Beyond" Activities for Everyone

- Form local partnerships! Get kids in on the planning!
- Work with local businesses to obtain additional incentives
- Plan a kick-off event and/or a year-end event
- Organize special motivational events and educational opportunities
- Sponsor activities for kids and their families
- Set school, organization, county, and state-wide goals for participation
- Organize participation contests on a local, county, or state-wide levels
- Contribute information and ideas to the ARF web site and newsletter