



# Healthy ZONE

a program of



The Cooper Institute®

[HealthyZoneSchool.org](https://HealthyZoneSchool.org)

[#HealthyZoneSchool](https://twitter.com/HealthyZoneSchool)

# HEALTHY ZONE SCHOOL PROGRAM

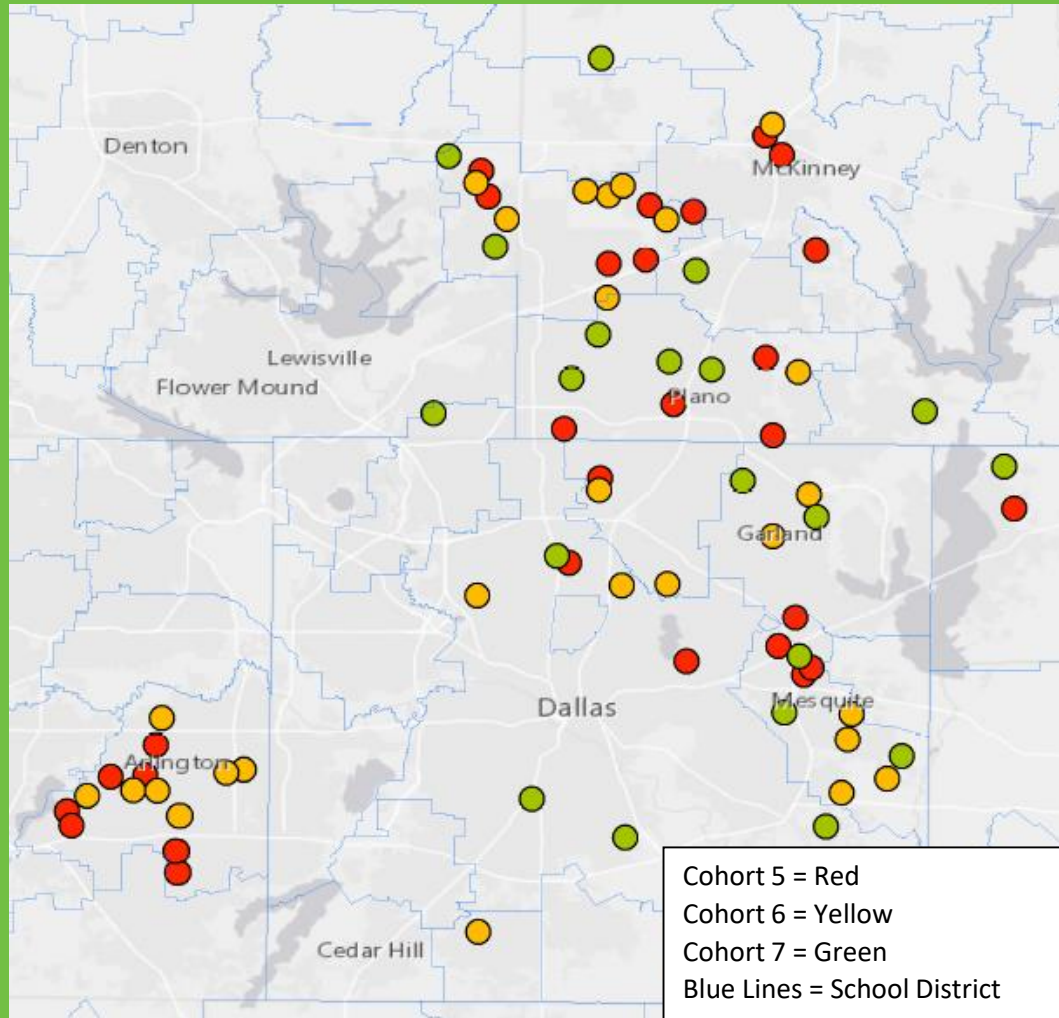
In partnership with the United Way of Metropolitan Dallas, The Cooper Institute® developed the Healthy Zone School Program in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors. This program honors schools for their healthy practices and assists schools in their efforts to provide healthier environments for students.

The Healthy Zone School Program brings together multiple facets of the community including teachers, staff, parents and students to work collaboratively to help students develop healthy habits that will last a lifetime. The program provides training, equipment, resources and guidance to participating schools.

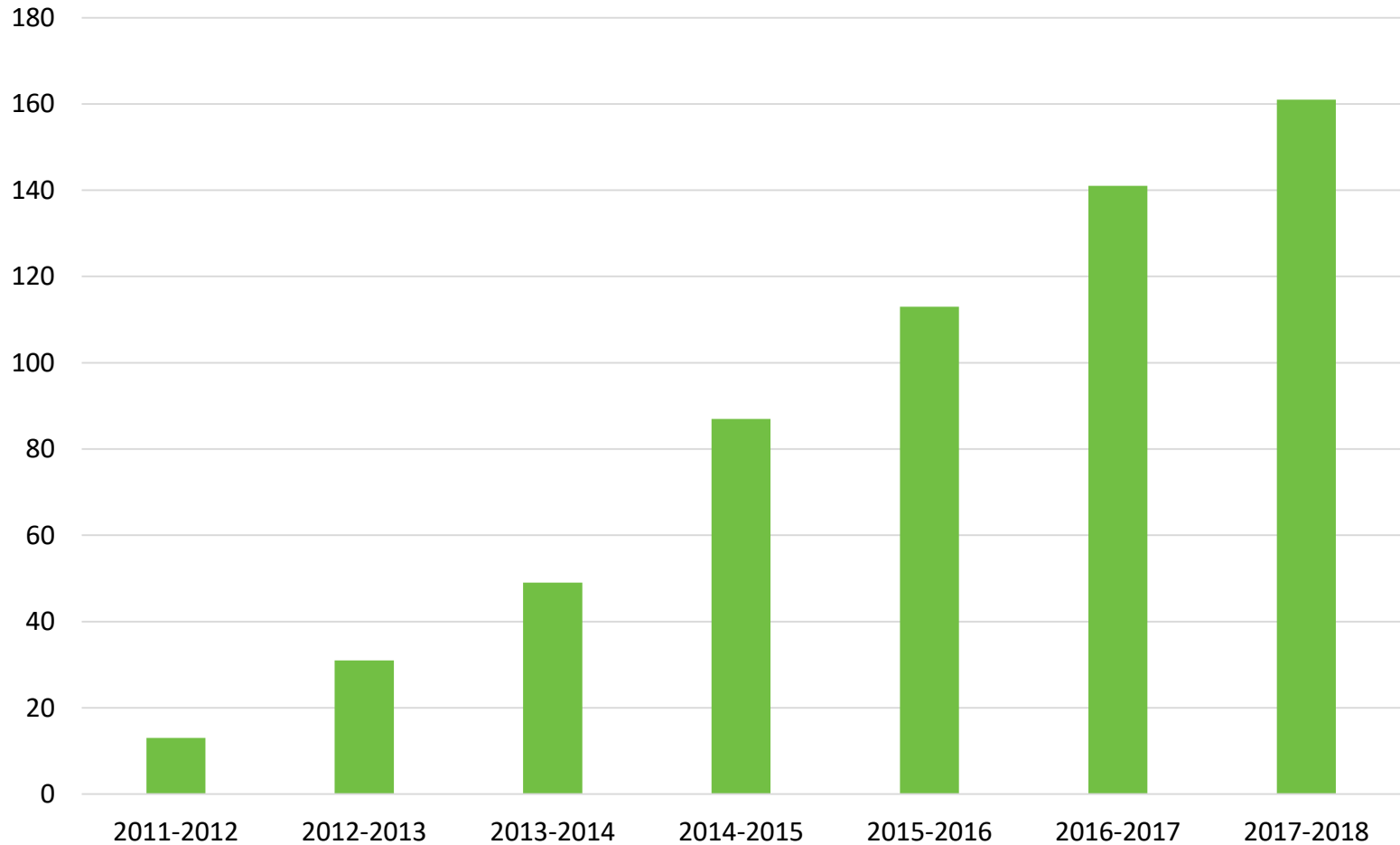
Research from the program continues to show improvements in students' aerobic capacity and body composition, which have also been positively correlated with improvements in academics and attendance.

**For more information on the Healthy Zone School Program, visit [HealthyZoneSchool.org](http://HealthyZoneSchool.org)**

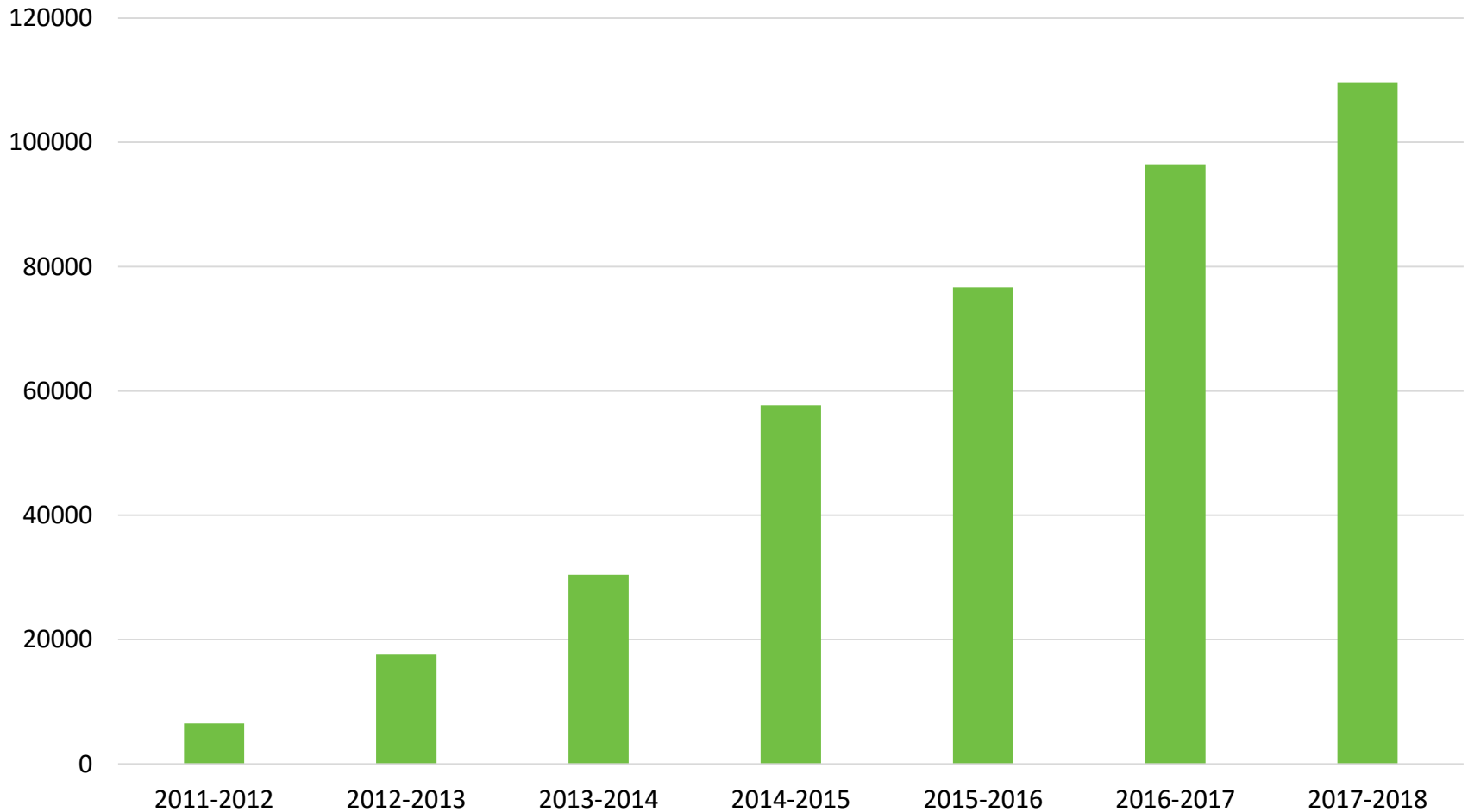
# Location of Healthy Zone Schools in 2017-2018



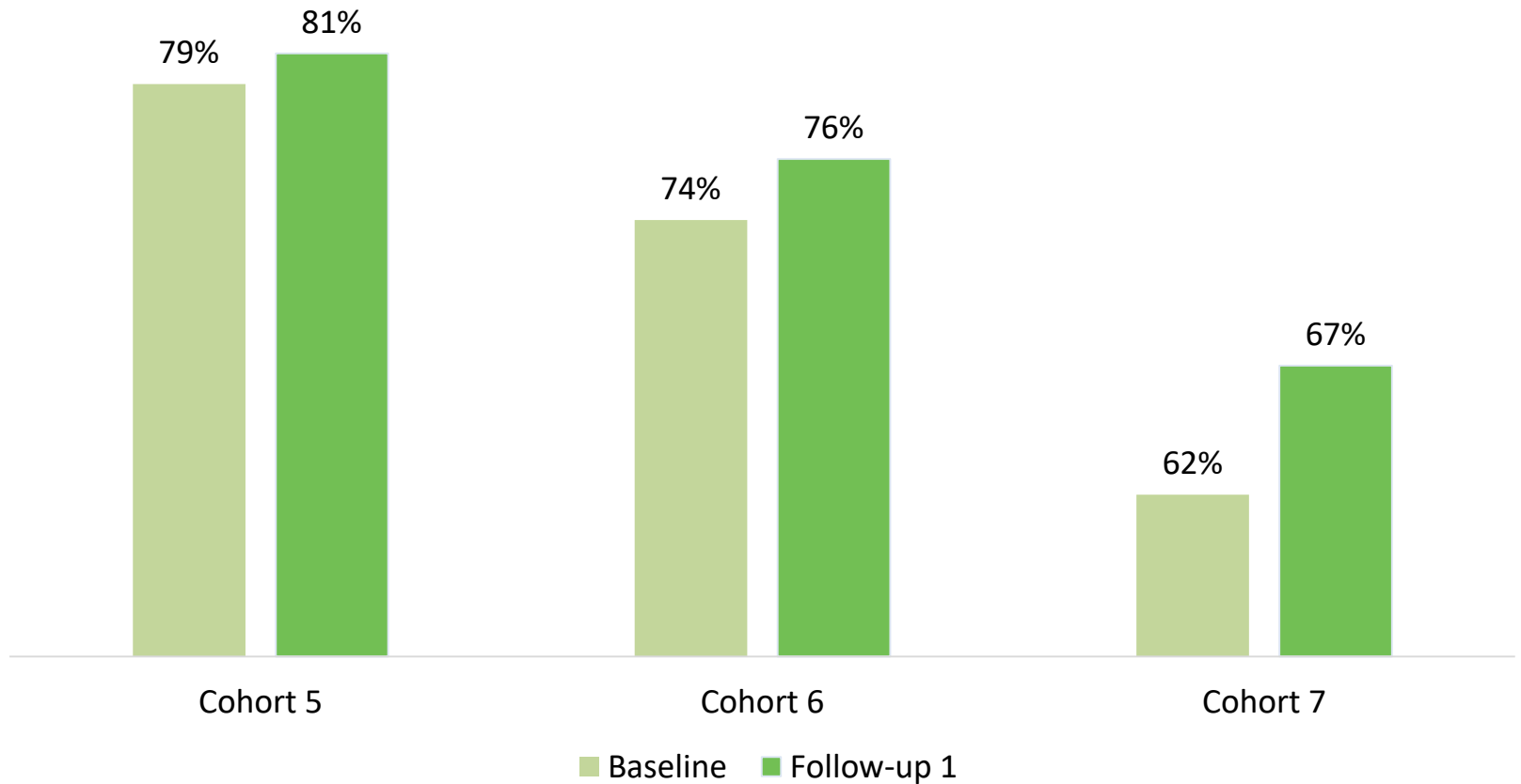
# Number of Schools in the Healthy Zone School Program



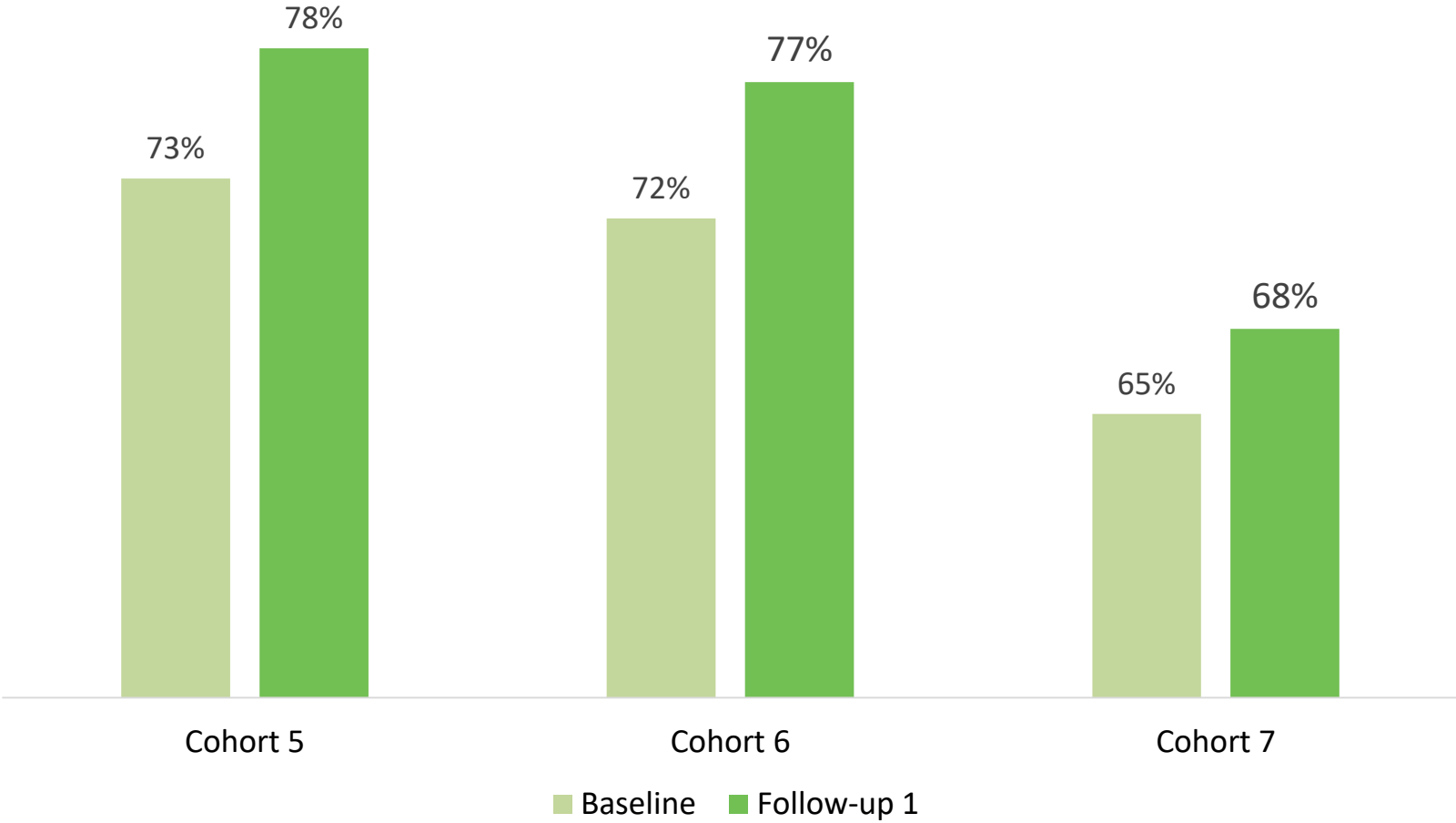
# Number of Students Impacted in North Texas by the Healthy Zone School Program



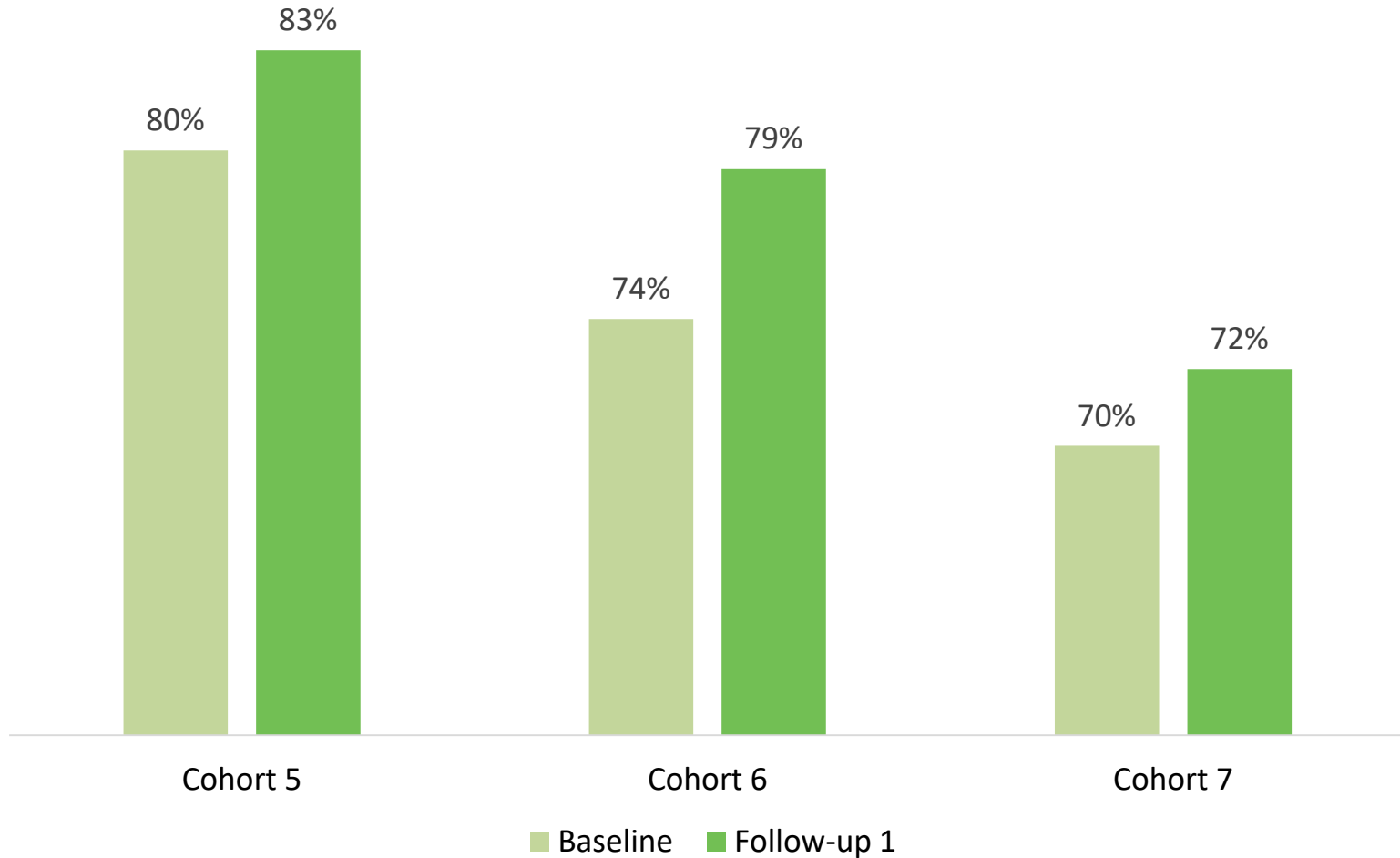
# Percentage of Students in the HFZ for Aerobic Capacity for Cohorts 5-7



# Percentage of Students in the HFZ for Upper Body Strength for Cohorts 5-7



# Percentage of Students in the HFZ for Abdominal Strength for Cohorts 5-7





# Percentage of Schools with a Staff Wellness Committee for Cohorts 5-7

