



*America's Move to Raise a Healthier Generation of Kids*

<http://www.letsmove.gov/>

## **Heart Healthy Schools Federal Grant Request for Proposals**

America's changing lifestyle is leading to epidemic rates of heart disease. Six hundred thousand Americans die of heart disease each year. Heart health begins at a young age. Schools have a responsibility for the health of their students and ultimately our nation. We are offering grants of \$20,000 to \$250,000 to schools for the development of creative programs that promote the cardiovascular health of their students. How can you make your school more heart healthy?

Successful proposals must address the following issues:

### **Health Promoting Activities**

Describe activities you will be implementing at your school to promote a heart healthy student body.

Specifically how will these activities increase the heart health of students in your school?

### **Cardiac Education**

Your school proposal must include an educational component to that helps students understand the following information:

- A basic understanding of the circulatory system – how it works, what it does, and why it is important to have a healthy circulatory system.
- How the circulatory system interacts with the respiratory and digestive systems to provide energy to your cells.

The education component should include plans for an original model of the cardiovascular system to help students visualize the functioning of system.

Additional points will be given to proposals with educational activities that involve students in hands-on, active and engaging educational activities.