ReCharg! is a cool-for-kids, team-based, innovative after-school program packed with activities that teach boys and girls in grades 3 to 6 the core concept of how "Energy In" (good nutrition) makes for "Energy Out" (physical activity).

ReCharg! Makes After-School Easy, Flexible and Fun!

ReCharg! is:

• Easy to Use — Instructor’s Notebook provides 29 up-out-of-your-seat activities that reinforce the importance of nutrition, physical activity, teamwork and goal-setting.

• Flexible and Practical with ideas that easily adapt to a variety of after-school settings and program types.

• Fun for Everyone — high-enthusiasm activities teach lifelong lessons that kids learn as they play!

• Involving for Families, inviting parents to visit, watch and help with activities after-school, to review take-home materials and to implement fun learning at home.

Inside ReCharg!:

• Instructor’s Notebook
• Healthy Snacking Guide including sample menu ideas and healthy snack recipes
• "Energy In-Energy Out" Poster
• 300 NFL ReCharg! Player Cards
• NFL Youth Footballs and Cones
• 200 Life-Size Food Models
• Training DVD

Put Energy In Your After-School Program!
ReCharge! is available to schools across the country from Action for Healthy Kids and National Football League, two organizations that are committed to developing the long-term health and wellness of our nation’s children.

ReCharge! addresses National Standards

ReCharge! was developed by content and after-school experts with guidance from a panel representing over 25 leading education, health, nutrition, fitness and after-school organizations and government agencies, and was piloted in 16 school districts. ReCharge! has been written to align with:

- National Health Education Standards
- National Guidelines for Physical Activity and Intramural Sports
- National Parent Involvement Standards
- Best Practice Criteria for School-Based Nutrition and Physical Activity Programs
- 2005 Dietary Guidelines for Americans
- National PTA

To learn more about ReCharge!, visit www.ActionForHealthyKids.org after September 1, 2005.