

Healthy **ZONE**

a program of



The Cooper Institute
WELL INTO THE FUTURE.

Creating a Culture of Health

The [Healthy Zone School Recognition Program](#)® was created as a joint collaboration between [The Cooper Institute](#) & [United Way of Metropolitan Dallas](#) in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors.



The Cooper Institute and United Way of Metropolitan Dallas welcomed a group of 63 Healthy Zone Schools for the Healthy Zone Orientation on September 13, 2018 at the Dallas Arboretum.

School representatives learned more about the program and about strategies to increase physical activity and improve healthy eating at their schools.

Special guests from the Dallas Stars and Medical City Hospital provided information about programs that they provide to schools in the Dallas Area to improve fitness and nutrition for children.

To learn more about the Healthy Zone Program, visit our [website](#).

SEE IT IN ACTION



Fact or Fiction: How to Separate Reputable Health, Fitness, and Nutrition Information from Myth and Hype

It's easy to be overwhelmed or confused by the vast amount of information on health, fitness and nutrition - much of it with claims that seem too good to be true. So how can you tell between fact and fiction, between sound science and marketing hype?

Learn how to objectively evaluate the validity of health information. While some of this information is based on high quality research, some of it is nonsense (junk science).

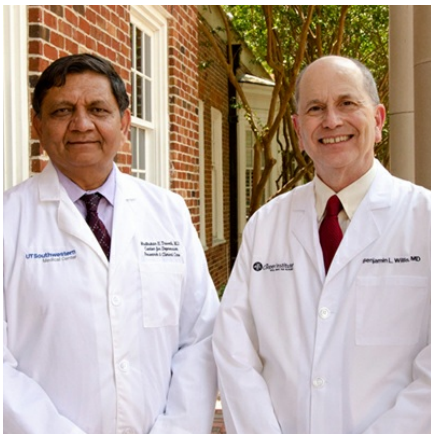
[LEARN ABOUT THE FACTS](#)



60 MINUTES
PER DAY IS THE RECOMMENDED
PHYSICAL ACTIVITY TIME FOR
CHILDREN AND ADOLESCENTS.



37.4%
Only 37.4% of children
participate in daily
physical activity.



Research Study Summary: The Connection Between Heart Health and Brain Health

We know that aerobic exercise can help thwart both depression and heart disease, but can a single measurement of fitness actually predict your likelihood of experiencing these years later?

Dr. Benjamin L. Willis from The Cooper Institute, along with Dr. Madhukar Trivedi from UT Southwestern Medical Center, published a study in the [Journal of the American Medical Association Psychiatry](#) that received worldwide interest on the topic. Their research on the connection between heart health and brain health found that aerobic exercise is important to the long-term prevention of both depression and cardiovascular disease.



[READ THE STUDY SUMMARY](#)



IN CASE YOU MISSED IT!

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