

Make a Difference in Your Community

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. You know, parents and teachers are always telling us to eat and drink things that are nutritious, and get more exercise so we can be healthy, but that's not always easy.

[Kaya] I know Chris. I'd like to walk or ride my bike to school but there aren't any bike paths or sidewalks.

[Chris] They tell us to drink more water, but my school doesn't have any water fountains!

[Kaya] We're *supposed* to eat healthy, but at the breakfast fundraiser last Saturday, they served a lot of stuff that wasn't very healthy.

[Chris] Kids – if you want to make a difference in your school and community, we encourage you to speak up; respectfully, of course!

[Kaya] Here are some things you can do to make your school a healthier place:

- Write a letter to your principal asking for water fountains to be installed.
- Write a statement that you would like to buy healthier foods for snacks, but none are available for sale at school. If they agree, get as many friends and other students as possible to sign your statement. Then, take it to your principal, teacher, or PTA president.
- Tell your parents about your desire to walk or bike to school and see if they can meet with other parents to brainstorm ideas for getting sidewalks or safe biking paths built.

[Chris] Get the support of your parents and friends and make a difference in your school and community!

Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO.