

FOR IMMEDIATE RELEASE

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Health District encourages parents to return to healthy habits for the school year

LAS VEGAS – Now that school is in session, the Southern Nevada Health District encourages parents to re-establish healthy routines for their kids. With online tips and tools, parents can learn about Safe Routes to school, prepare healthier school day breakfasts and lunches, and search for walking trails for the whole family. Visit Get healthy Clark County, www.GetHealthyClarkCounty.org for information.

Simple steps can make big changes for students and parents alike.

The health district is a sponsor of the Safe Routes to Schools program which helps establish safer routes that enable kids to walk or bike to school and encourages them to be more physically active. Visit [Safe Routes to School](#) for more information.

Other simple steps include ideas to make healthier breakfast and lunch choices for kids. Some ideas are as easy as making low fat yogurt and fruit a quick breakfast choice or opting for milk instead of sodas for lunch boxes. Peanut butter isn't just for lunch! Spread it on a whole-grain waffle for breakfast. Visit www.GetHealthyClarkCounty.org for information about how to incorporate more fruit and vegetables into the family's diet or where to locate walking trails and parks for family activities. Check out new US Department of Agriculture guidelines now in place to make all school lunches more nutritious.

Increased physical activity for the entire family is an excellent way to maintain healthy habits during the school year. Visit the health district's Neon to Nature online tool to locate walking and hiking trails throughout the Las Vegas Valley. The site is interactive and highlights more than 600 rural and urban trails. In addition, The Walk Around Nevada tool helps kids and parents track their physical activity as they make their way around the state of Nevada. Visit www.GetHealthyClarkCounty.org to find a trail, sign up for Walk Around Nevada or find tips about healthy habits.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter: www.twitter.com/SNHDinfo. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.