

WinterKids



WinterKids is a nonprofit organization committed to helping children make healthy winter lifestyle choices, since winter is Maine's longest season and the time of year when our kids are most sedentary. We work with schools and teachers because we know that teachers care both about their kids' education and their health. We are fighting for the health of our children, who are at risk for obesity, Type 2 diabetes, and other health issues related to diet and inactivity. We know that healthy lifestyle habits, including healthy eating and physical activity, lower the risk of becoming overweight and developing diseases.

Our seven exciting programs for children in grades K-12, and their families, address this health risk. We promote lifestyles of health, education, and physical fitness through participation in outdoor, winter activity. As Dr. Dora Mills, Public Health Director for Maine's Center for Disease Control and Prevention said, *"Your mission of helping Maine children to get outside and enjoy winter is just what our state needs. Mainers unfortunately are not as health-oriented and physically fit as they should be, with preventable diseases like heart conditions and diabetes to show for it. This situation has to change...we see WinterKids as a great ally in our efforts."*

WinterKids is committed to advancing healthy lifestyles through winter activity, and we continually work to improve our programming through ongoing research and analysis. Our programs are recognized within the state and nationally, and truly are making a difference. Write or call us to learn how we can help in your school.

WinterKids
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