

## Health Powered Kids™ FAQs

*Health Powered Kids™ is a free health and wellness program offered by Allina Health. It provides fun, easy-to-use lessons and activities on nutrition, physical fitness, hygiene and mind-body balance for educators and parents to use in the classroom or at home.*

**Below is everything you need to know about using Health Powered Kids lessons and resources in your classroom, home or community!**

### How do I get to Health Powered Kids?

Health Powered Kids is accessible on all devices (including desktops, laptops, tablets and smart phones). Simply visit [healthpoweredkids.org](http://healthpoweredkids.org)!

### What are the topics covered on Health Powered Kids?

Health Powered Kids covers four pillars of health: (1) [nutrition](#), (2) [physical activity](#), (3) [hygiene](#) and, (4) [finding balance](#).

Allina Health's topic area experts, curriculum writers and patient education team write all lessons at a 6<sup>th</sup> grade reading level or lower to ensure that content is understandable by all – even if you're not an expert in nutrition, mindfulness or hygiene!

### Should I use a single lesson or a lesson plan?

Health Powered Kids offers [single lessons](#) and [pre-formatted lesson plans](#) – all aligned with [National Health and Physical Education Standards](#).

If you are looking for a one time activity to fill a gap in existing curriculum or are interested in using Health Powered Kids occasionally, an [individual lesson](#) may be the best fit for you. You can search lessons by topic area, age range and activity duration. See the [Homepage Breakdown](#) for more information.

If you are looking for a way to integrate Health Powered Kids as an ongoing and regular part of curriculum, or want to focus on one of the four pillars of health in-depth, the [pre-formatted lesson plans](#) could be the best choice for you. Lesson plans are formatted by topic area (nutrition, physical activity, hygiene or finding balance) and by duration. You can choose lesson plans by topic area or by 6, 8 or 12 week plans, which feature a mix of content from all four pillars of health.

### What are Power Chargers?

[Power Chargers](#) are a collection of short exercises designed to give kids a quick activity break throughout the day. Choose from 2, 5 or 10 minute Power Chargers, and filter by ability level. Use Power Chargers to wake up kids in the morning, energize them after lunch or help them focus before a big assignment.



### **What ages can use Health Powered Kids resources?**

Health Powered Kids is designed for adults to use with youth ages 3-14. Each lesson and Power Charger indicates the estimated appropriate ages for the lesson and activity, as determined by our team of topic area experts and curriculum writers. Appropriate age level is listed on the upper left hand panel of each lesson page. See the [Lesson Page Breakdown](#) for more information.

### **How long do the lessons and activities take?**

Lessons and activities range from 20 minutes to 1 hour in length. The estimated time needed to complete a lesson and activity is listed on the upper left hand panel of each lesson page. See the [Lesson Page Breakdown](#) for more information.

### **How can I stay in the loop about new Health Powered Kids content?**

Want to be the first to know when new content is posted to the website? Stay in the loop by signing up for the Health Powered Kids blog! See the [Homepage Breakdown](#) for more information.

You will receive *one email per month* which includes a short overview of a timely or new topic and a link to the lesson on Health Powered Kids. Your information is kept private and will not be shared with other parties.

### **Can I find Health Powered Kids content on social media?**

You can find Health Powered Kids on [Facebook](#) and [Pinterest](#). Follow, share and like today!

### **How do I contact Health Powered Kids?**

You can always contact Health Powered Kids via email at [healthpoweredkids@allina.com](mailto:healthpoweredkids@allina.com) or by clicking "Contact Us" on the website. See the [Homepage Breakdown](#) for more information.