

# 2018 National PTA “Get Off Your Apps” Physical Activity Event

sponsored by Goya-Move

[PTA.org/CelebrateHealthyLifestyles](http://PTA.org/CelebrateHealthyLifestyles)



# “Get Off Your Apps” Physical Activity Event

- Advance National PTA’s Health and Safety Initiative
- These events:
  - Promote Less Screen Time
  - Encourage Physical Activity
  - Engage Families in Fun Activity



# Program Toolkit

## [PTA.org/CelebrateHealthyLifestyles](https://www.pta.org/CelebrateHealthyLifestyles)

1. Plan Your Event

2. Promote Your Event

3. Host Your Event

4. Wrap Up Your Event

# Plan Your Event

- Connect
- Set Event Date and Location
- Recruit Volunteers
- Pick a Physical Activity



# Promote Your Event

- Flyer
- Invitations
- Social Media
- Newsletters and Announcements
- Media Advisory

# Host Your Event

- Greet families at the door
- Issue raffle and food tickets
- Take photos (with consent form)
- Provide overview
- Give thanks

# Wrap Up Your Event

- Thank You Letters
- Feedback Forms
- Photos (with releases)

[Programs@PTA.org](mailto:Programs@PTA.org)

@NationalPTA

#PTAProud



# Grant Requirements

- Signed Award Letters
- Webinar
- Date and times of event – due 10/19
- Program Leader Feedback Form
- At least 3 photos of engaged families from event with photo releases
- Brief 5-7 narrative describing your event
- Due December 14 to [Programs@pta.org](mailto:Programs@pta.org)

# Questions?

- Visit [PTA.org/CelebrateHealthyLifestyles](http://PTA.org/CelebrateHealthyLifestyles)
- Learn more at [www.GoyaMove.com](http://www.GoyaMove.com)
- Email [Programs@PTA.org](mailto:Programs@PTA.org)
- [Questions for Goya-Move?Email:  
info@goyamove.com](mailto:info@goyamove.com)
- Call (800) 307-4782