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TEST: Inspire Youth to Care About Health

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Hi Sonia,

Children receive unlimited directions about how to be healthy. From what they should eat to how much they should move, “healthy” is quantified into cup measures and 10-minute time slots.

But, have you ever asked the youth you work with what they believe healthy means? Have you considered how they want to be healthy, or which habits of a healthy lifestyle are authentic—and therefore effective—for them?

In this week’s blog, Sonia Toledo discusses how using a process of sustained inquiry to allow children to explore health and wellness on their own terms can create a new generation of health solutions.

Are you ready to help children redefine health? Then, let’s get started!

[Read more](#)

Upcoming Events!



Don’t miss out! There are only a few spaces left in our **NYS School Age Credential for Aspiring Leaders** program beginning **September 4**. Register now to reserve your spot.

[Register Now!](#)



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