

## WHAT IS CATCH HEALTHY HABITS?

CATCH Healthy Habits is a nutrition and fitness program offered to children by trained **RSVP (Retired and Senior Volunteer Program)** volunteers.

Lessons are one hour long, offered once per week for eight weeks.

Each lesson includes **two** specific components

**An interactive nutrition lesson**

**Fun games that promote physical activity**



## Interested in learning more about CATCH Healthy Habits?

*Call the SNHS—RSVP office to learn more.*



**CATCH Healthy Habits:**  
(603) 634-1169  
**Call for services in Manchester and Nashua, NH**

**Learn More at:**  
[www.snhs.org](http://www.snhs.org)

**TTY: 800 877 8339**



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# CATCH Healthy Habits

## RSVP

**Lead With Experience**

Volunteers 55+ Serving Our Local Communities



**Helping children get healthy through FREE nutrition and fitness lessons.**

**Sponsored locally by:**



## GET INVOLVED WITH CATCH TODAY!

Do you want children in your community to eat better and exercise more? Volunteer for CATCH (Coordinated Approach to Childhood Health) Healthy Habits today.

**You stay healthy.  
Children get healthy.**

Obesity rates have more than tripled among children ages 6-11. Your participation in CATCH Healthy Habits helps you and children in NH, fight obesity and have fun!



## Helping children get healthy is as easy as 1-2-3!

- 1. Provide a health lesson.**  
Help children learn about healthy choices through hands-on activities.
- 2. Teach children about healthy snack options.**  
Share examples of healthy and fun snack options with children to promote good nutrition.
- 3. Play games!**  
Lead children through a variety of fun games to boost physical activity.

*No experience is necessary.  
Initial and ongoing training and supplies are provided by the  
Retired and Senior Volunteer Program (RSVP) staff.*



**CATCH Healthy Habits** is an evidence based program designed to combat and prevent childhood obesity. The program is adapted from the nationally-recognized CATCH program. The program provides children with the skills to make their own healthy choices.