

2009/2010 Calendar of Events

nrgBalance makes healthy easy by promoting five simple behaviors for healthy eating (energy in) and physical activity (energy out).

Mark your calendar for the following opportunities to engage in the movement to *make healthy easy*.

September 2009

September 22: Annual nrgBalance Webcast
Welcome 2009/2010 nrgBalance Zones; Overview
2009/2010 Calendar of Events; Special Feature:
nrgBalance after-school

September 22: Order nrg Powered by Choice Change it Kits
(through December 18, 2009)

October 2009

October 4 – 10: X-PA Healthy Lifestyle Bike Ride

October 5 – 9: International Walk to School Week

October 7: Walk to (or at) School Day

October 28: Apple Crunch

December 2009

December 8: ENERGY IN Webcast

February 2010

February 1: nrgBalance Zone Enrollment (through March 12, 2010)

March 2010

March 9: Order nrg Powered by Choice 2010/2011 Back to
School Packs (through June 11, 2010)

March 12: nrgBalance Zone Enrollment Closes

March 17: Go for the Greens

April 2010

April 21: Move it Outside

For more information on nrgBalance programs and events, please visit www.nrgbalance.org.

