

**COLORADO DEPARTMENT OF EDUCATION**

**Project #1:  
Creative strategies to get tweens moving**

**Type:**

- Physical activity program

**Setting:**

- School-based
- Community-based

**Partners:**

- State Physical Activity Council: Governor's Council on Physical Fitness

**Goal:**

- To promote physical activity for 9- to 13-year-olds who do not traditionally engage in sports.

**Description:**

Thirty mini-grants of \$4,000 each were awarded to projects around the state to engage tweens in physical activity through creative outreach strategies. In-school and after-school programs used funds in a variety of ways, including equipment purchases, enhancement of off-site activities such as bowling and skiing, fitness courses, and digi-walker programs.

**Project #2:  
"Places to Go" activity guide**

**Type:**

- Information for parents/guardians
- Media campaign

**Setting:**

- Community-based

**Partners:**

- State Physical Activity Council: Governor's Council on Physical Fitness

**Goal:**

- To encourage family members to support their 9- to 13-year-old children in physical activity.

**Description:**



A "Places to Go" Resource Guide for tweens and their parents was created to direct families to free and low-cost parks, activities, and trails in the six-county Denver metropolitan area (69 percent of Colorado's population). The Resource Guide will be released as a free guide in conjunction with the CDC National Youth Media Campaign.

**Successes:**

- More than 4,300 tweens and their family members across the state participated in physical activities.

**Strategies for sustainability:**

- The Colorado Department of Education and the Governor's Council on Physical Fitness will jointly sponsor a fall showcase for the mini-grant coordinators and will offer a second round of funding through the state-funded Comprehensive Health Education program for those projects that wish to continue. The creative outreach strategies for the mini-grants and the Resource Guide will be collected and published on the CDE website.

**Contact:**

Karen Connell  
Colorado Department of Education  
(303)866-6903  
connell\_k@cde.state.co.us  
[www.cde.state.co.us/cdeprevention/pistaff.htm](http://www.cde.state.co.us/cdeprevention/pistaff.htm)

