



physical  
activity

+

good  
nutrition

+

a health  
minded  
school

=

active  
healthy  
learners

**It all adds up... Quality School Health**



**CAHPERD**  **ACSEPLD**

THE CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE  
L'ASSOCIATION CANADIENNE POUR LA SANTÉ, L'ÉDUCATION PHYSIQUE, LE LOISIR ET LA DANSE



For more information, resources and tools: [www.cahperd.ca](http://www.cahperd.ca)