

# HEALTHY ACTIVITIES



Healthy students help create healthy communities. Schools that engage students and the community will earn 10 points for each healthy activity reported. A maximum of 100 points can be earned.

Examples of healthy activities are listed in the table below. If you have any questions about this category, email [kaimana@hmsa.com](mailto:kaimana@hmsa.com).



Healthy Activity	Note
Blood Drive	Must be hosted on campus.
Health Fair	Must be hosted on campus.
Fun Run/Walk/Marathon	School-sponsored or public events (e.g., Honolulu Marathon, Relay For Life) in which student groups volunteer or participate.
Public Service Announcement	Should focus on health-related topics such as: <ul style="list-style-type: none"> <li>• Bullying.</li> <li>• Concussion awareness and treatment.</li> <li>• CPR.</li> <li>• Physical fitness.</li> <li>• Proper nutrition.</li> <li>• Substance abuse.</li> </ul>
School Garden	Create or maintain a school garden.

