



LiveFIT NH: It's for EveryBody.

THE FACTS:

Obesity in children has become a troubling trend over the past 20 years; the likelihood that an American child will be overweight has tripled. The NH Child Advocacy Network estimates that 22 percent of boys and 17 percent of girls in the Granite State are overweight, with another 20 percent at risk.

NHPTV's LiveFIT NH is a proud recipient of an Outstanding Achievement Award from the New Hampshire Governor's Council on Physical Activity and Health (2007).

WHAT WE'RE DOING: LiveFIT NH is a New Hampshire Public Television community engagement project designed to encourage healthy eating and physical activity in children and adults. Recognizing the challenge of maintaining healthy habits, the LiveFIT NH project is focused on increasing awareness of, and helping to reduce the incidence of, childhood obesity, which has become an epidemic in the U.S. Health experts say that obesity causes serious health complications, shortens life spans and strains our health care system.

THE COMPONENTS: With its partner organizations statewide, the LiveFIT NH initiative demonstrates—through television segments, educational and outreach activities, and online resources—how individuals, families, schools and communities can combat obesity trends. The initiative includes:

- A multi-part series that previously aired on **NH Outlook**, NHPTV's award-winning public affairs program. The segments can be viewed online at nhptv.org/outlook.
- A "**LiveFIT NH Challenge**" promoting six actions and activities that are known to improve our health.
- "Fit Tip" health breaks, based on the six LiveFIT NH Challenges, viewable online at nhptv.org/livefitnh.
- **Family Health Nights** with fun activities, resources and theme-related children's books; also, **workshops** on nutrition, exercise, and healthy family lifestyles for parents, educators and caregivers presented around the state by NHPTV's Knowledge Network – Educational Services staff.
- nhptv.org/livefitnh, a website that offers information about the project, the LiveFIT NH Challenge, links to state and national resources and partner organizations, and video links. You can also find healthy, easy and budget-friendly recipes at nhptv.org/livefitnh. Recipes are downloadable, or you can add your own.

HOW YOU CAN GET INVOLVED: Go to nhptv.org/livefitnh to download the LiveFIT NH Challenge Card, find links to state and national resources and partner organizations, and more!

**The LiveFIT NH initiative is generously funded by: BALDWIN FOUNDATION
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LiveFIT NH stories have received Associated Press, NH Association of Broadcasters and Telly awards.



PROJECT PARTNERS

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NHPTV's **community engagement initiatives**, like **LiveFIT NH**, extend the impact of public broadcasting through a variety of media services, educational and collaborative activities. This work engages individuals and fosters community participation to raise awareness and effect change.



About New Hampshire Public Television. NHPTV engages minds, connects communities, and celebrates New Hampshire with programs that entertain, educate and enrich. Beyond its award-winning local and national television programs, New Hampshire Public Television is a leader in [education](#) and [community outreach](#). www.nhptv.org.

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