



#### What is CATCH Kids Club?

- CATCH Kids Club is an evidence-based before-, after-school, summer and community recreation program designed to promote healthy physical activity and eating behaviors in elementary school-age children.
- CATCH Kids Club is composed of nutrition education materials (including snack activities) and a physical activity component.
- Researched by the University of Texas, CATCH Kids Club significantly increases moderate to vigorous physical activity in elementary school aged children.

#### Why CATCH Kids Club?

- CATCH Kids Club offers an easy-to-use format that both children and staff enjoy and is ready to implement in the before-, after-school, summer and community recreation program setting.
- Everyone plays! Games are non-eliminations allowing kids to always be 'in' the game.
- CATCH Kids Club maximizes play time and minimizes sedentary time
- Includes over 350 fun activities that are kid tested and approved.

#### Outcomes of CATCH Kids Club:

- Involves students in at least 30 minutes of daily physical activity.
- Involve students in moderate-vigorous physical activity.
- Provide students with multiple opportunities to participate and practice skills.
- Provide students with a variety of enjoyable physical activity opportunities.

#### CATCH Kids Club Training Resources:

- Hamilton County Public Health can train child care staff in CATCH Kids Club
- For centers who adopt Nutrition and Physical Activity resolution, Hamilton County Public Health can provide some basic physical activity equipment.