

Healthy Lifestyle Choices

Helping kids make the most out of life

The Healthy Lifestyle Choices (HLC) Program empowers youth with the knowledge and skills practice to make healthier choices and lead more productive lives.

Healthy Lifestyle Choices covers these topics:

- Life Skills
 - decision making
 - goal-setting
 - self-esteem
 - communication
- Nutrition
- Fitness
- Safety
- Conflict Resolution/Violence Prevention
- Substance Abuse Prevention



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**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Highlights:

- Comprehensive and hands-on, requiring few supplies
- Includes the new MyPlate guideline for food portions and variety, and the most recent fitness recommendations for youth
- Aligned cross-curricular and with the National Health Education Standards
- Proven to positively impact health knowledge and behaviors
- Includes program knowledge and behavioral assessments



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