

HEALTHY KIDS Healthy Preschool

BUILDING HEALTHIER TOMORROWS TODAY

HKHP CHALLENGE

October 5, 2026 - October 30, 2026

What is the Healthy Kids Healthy Preschool Challenge?

The Challenge is a 4-week initiative to increase physical activity, decrease or eliminate screen time, and engage families in wellness in preschools across New Mexico.

● Get Ready

To sign-up, contact one of the HKHP Coordinators with the following information:

- Center Name
- Address
- Number of children enrolled
- Contact person phone number and email address

● Get Set

You will receive your "Getting Ready" email with the materials needed for The Challenge.

- Print your Challenge Field Book and Resource Guide.

● GO!

Implement the Challenge from October 5th through October 30th during preschool hours

- Use fun activities in your resource guide to track progress in your field book
- Submit completed field book for Silver or Gold Certificate Award (as explained in field book)

Why Should You Participate?

More children are becoming obese at younger ages, and increasing physical activity can help prevent this. By making healthy changes in your classroom, you can shape children's lifelong habits and serve as a positive role model.



Award Requirements:

Silver Award

- 120 minutes of physical activity per day
- 30 minutes or less of screen time per week
- 1 family engagement activity per week
- Field notes, digital photos or a poster of your Challenge in action.

Gold Award

- All of silver award requirements
- A copy of your approved Wellness Policy

For more information, please contact:

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