



**Riding bikes. Climbing trees. Jumping Rope.
Grabbing an apple on the way out the door to play.**

There was a time when most children walked to school and played outside until dusk every day. These days, kids spend more time inside playing on computers than playing outside and the love for movement has been lost. Today our world is different, and obesity is threatening our children's future.

Treeswing remembers that time, and wants to provide opportunities for physical activity and healthy nutrition to children again. We want to change norms in the school culture that the healthy choice is the natural choice. We want to build a healthy future full of healthy kids.

What is Treeswing?

Treeswing is a Seattle-based non profit with a mission to help children develop lifelong healthy habits through innovative programs and partnerships. Our vision is to fight childhood obesity for healthy kids and healthy futures. Through physical activity and better nutrition, Treeswing believes we can improve the overall health of children in the Puget Sound area, particularly low-income or at-risk youth who are most susceptible to obesity. Treeswing is the only organization in the Puget Sound working with school districts to coordinate a multi-approach solution to the obesity epidemic.

What does Treeswing do?

Treeswing forms partnerships and convenes health advocates to bring evidence based health programs to schools and communities that need them the most.

- **Treeswing makes recess fun again**

Would you believe that there are a lot of school kids who have never been taught to jump rope, or who don't know the rules to kickball? It's true, and as a result for many kids recess is just unsupervised chaos. By providing structure, skills, and organized games at recess, we hope to energize the recess yard in a structured and inclusive way that promotes active play and decreases bullying. Treeswing is partnering with [Playworks](#) to launch the [Playworks Recess 360 program](#) in the fall of 2011 in schools in Seattle and Highline School Districts.

- **Treeswing creates a love for movement**

Each year, five thousand Seattle Public School kindergarteners receive a jump rope and in-class instruction in their PE class so they can participate in a fun month long jump rope contest through [Treeswing's Jump Up Program](#).

- **Treeswing supports a physical education program fitting ALL students needs**

With Treeswing's support, the Seattle Public Schools is now using the [Get Fit – Get Smart! Program](#). This is an innovated physical education curriculum that is research-driven, standards-based and reflects the new physical education philosophy of having students compete against their own past performances to reach their fitness goals, rather than over emphasizing group or team competition. We want ALL students to enjoy and thrive in their PE class.

- **Treeswing convenes and collaborates with healthy school advocates**

There are many players in the healthy schools movement, and it is critical for local and state constituents to share resources and work together. To meet this need, Treeswing leads the [Washington State Healthy Schools Summit](#), bringing together some of the most important 'movers and shakers' leading physical activity and nutrition projects in our schools throughout the state.

- **Treeswing supports schools in creating healthy policies**

Healthy kids learn better- which is why Treeswing, in conjunction with University of Washington – Center for Public Health Nutrition, helps King County School districts support schools in providing healthy foods and high quality physical education to all children through [Communities Putting Prevention to Work](#) Healthy Eating Active Living (CPPW-HEAL) grant from Public Health – Seattle & King County.

Get Involved! Please contact Carolyn Kramer, Executive Director, carolyn@treeswing.org or 206-436-5092.