

# Be A HEAL Hero

## Who is a HEAL Hero?

- Students, teachers and schools demonstrating excellence in the HEAL program.
- HEAL Heroes are rewarded for providing an inspiring HEAL example for others to follow
- A HEAL HERO is someone who learned from the HEAL program and made changes in their lifestyle to become more healthy. Even a small change for good health can produce great results and provide tremendous inspiration for others. Any changes made, whether small or large, are important.

## A HEAL Hero is a *Student* who:

- Embraces the HEAL curriculum
- Makes genuine healthy lifestyle changes
- Serves by example as an inspiration to all
- Provides a description and drawing of a HEALthy Hero

## A HEAL Hero is a *Teacher* who:

- Promotes the mission of HEAL, embraces the HEAL Curriculum
- Adherence to the HEAL guidelines
  1. Clues
  2. HRM
  3. Assessments
  4. Handouts, Home Plays, Calendars
  5. Inspires students, school faculty and provides a great example for other teachers to follow.
- Inspires students, school faculty, and other Physical Education teachers in the state of Alabama.
- Provides a narrative response to the following question:  
How has HEAL guided your teaching and influenced your personal healthy habits?

## A HEAL Hero is a *School* that:

- Demonstrates a total school commitment to HEAL
- Supports the mission of HEAL
- Supports the physical education teacher(s) to successfully implement the HEAL curriculum