



www.healthyactivemaryland.org

Mission

The mission of the Maryland Healthy Eating and Active Lifestyle Coalition is to coordinate efforts and resources to increase the number of Maryland residents who eat healthfully and engage in physically active behaviors. This is best accomplished through facilitation of the implementation activities of the *Maryland Nutrition and Physical Activity Plan*.

The Maryland Healthy Eating & Active Lifestyle Coalition plans to achieve its mission through the following strategies:

- To increase membership and strengthen internal and external partnerships.
- To provide opportunities to advocate for nutrition and physical activity legislation and policy at the state and local level.
- To provide vehicles to enhance communication. Priority activities for the current year include:
 - Enhancement of the Web site.
 - Hosting a Spring 2010 All-member meeting.
 - Revitalization of Maryland Nutrition & Physical Activity Plan Workgroups.

Board of Directors

The Coalition Board of Directors meets on a monthly basis. If you have an item that you would like to be placed on the agenda or would like to learn more, send an email to healthyactivemd@aol.com.

How to Join

Visit the Coalition Web site at www.healthyactivemaryland.org to find out the latest news on what is happening in Maryland in the area of nutrition and health.

Join as an individual or with your organization/agency by completing the form at http://healthyactivemaryland.org/contact_form.html.

Partnering Organizations

American Cancer Society

American Heart Association

Arthritis Foundation, Maryland Chapter

Arthritis Foundation, Metropolitan
Washington Chapter

Brick Bodies

C & S Holistic Wellness Studio

Charles County Health Department

Corporate Fitness Works

Danya International Inc.

Dorchester County Health Department

Fly-By Fitness – In-Home Personal
Training

Frederick County Child Health
Partnership

Frederick County Health Department

Frederick County YMCA

Gally Public Affairs

Harford County Health Department

Howard County Health Department

Howard County Nutrition and Physical
Activity Coalition

Life Fitness Management

Maryland Action for Healthy Kids

Maryland Association for Health, Physical
Education, Recreation and Dance

Maryland Department of Health & Mental
Hygiene, Center for Preventive Health
Services, Chronic Disease Prevention
Division

Maryland Healthy Schools Coalition

Maryland Hunger Solutions

Maryland Public Health Association

Maryland State Advisory Council on
Physical Fitness

Mid-Atlantic Dairy Association

Montgomery County Area Office on Aging

Morgan State University, School of Public
Health & Policy

Nutrition and Physical Activity Partnership
of Washington County

Real Matters Consulting, LLC

Restaurant Association of Maryland

TESSCO Technologies

Towson University, Department of Health
Science

University of Maryland Statewide Health
Network

Weight Smart™ Program at
Mt. Washington Pediatric Hospital

Wellness Evolution

