



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:

- Increase membership and strengthen internal and external partnerships.
- Provide opportunities to advocate for nutrition and physical activity legislation and policy at the state and local level.
- Provide vehicles to enhance communication:
 - Enhance of the Web site.
 - Hosting an annual All-member meeting.
 - Revitalize 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

BMoreFit

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

Galley 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 Athletic Club and Wellness Centers

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

The Mid Atlantic Nutrition and Obesity Center

Montgomery County Area Office on Aging

Morgan State University, School of Public Health & Policy

Nutrition and Physical Activity Partnership of Washington County

Playworks Baltimore

Real Matters Consulting, LLC

Restaurant Association of Maryland

The SPARKS Programs – Coordinated School Health Initiative

TESSCO Technologies

Towson University, Department of Health Science

University of Maryland Statewide Health Network

Weight Smart™ Program at Mt. Washington Pediatric Hospital

Wellness Evolution

