



# HEALTHY LIFESTYLES

## Adding a Healthy Lifestyles Committee and Chair to your Local or Council PTA

1. At the next regular Executive Board meeting, make a motion (“I move to create a Healthy Lifestyles Committee.”).
2. A member must second the motion.
3. If a majority of the PTA members present at the meeting approve, you have a Healthy Lifestyles Committee. *Congratulations!*
4. The president appoints a Healthy Lifestyles Chair, subject to the approval of the Board.

If your PTA has Standing Rules, they can be amended by your PTA’s membership to reflect the Board’s action of the addition of this Committee.

1. Ideally, the Executive Board or Bylaws Committee would present the motion (“By direction of the Executive Board/Bylaws Committee, I move to amend the Standing Rules of the [Name] PTA by inserting [language to be added] to [specific location of language to be inserted].”).
2. Because the motion came from committee or the Executive Board, it does not require a second.
3. If a 30-day notice was provided to the membership, only a majority vote is needed to approve. If no notice was given, a 2/3 vote is needed to approve.
4. Sample Standing Rules can be found on the [Texas PTA website](#). The following sample language can be added for a Healthy Lifestyles Chair:

### A. Healthy Lifestyles

1. This committee shall be composed of a chair and at least two members.
2. The Chair will be responsible for participating in the District’s School Health Advisory Council, as invited by local district administration.
3. The Committee is responsible for providing services and education through the PTA that will promote healthy lifestyles in the home, school, and community – including, but not limited to:
  - Marathon Kids
  - Field Day
  - Family Fitness Night

# Basic Duties of a Healthy Lifestyles Chair

1. Build relationships with PE department, administration, and coordinated school health providers.
2. Know your school/district and offer programs to address areas of need, or connect with community health providers who do.
3. Know your school district's Wellness Policy (available online).
4. Participate in the district SHAC (School Health Advisory Council) meetings, as provided for by that committee.
5. Local Healthy Lifestyles Chairs may serve on Campus Improvement Committees (SITE-based), as invited by the local campus administration.
6. Get started with the [BASICS Healthy Lifestyles Resource Guide](#).

**Questions? Comments?**  
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