




# LOVE YOUR PLANET WITH BONESHAKER PROJECT




Sure, we love to get kids outside in nature moving and shaking their bones, but how do Boneshakers help change the planet?

**BONESHAKER**  
do what moves you


 Partner with local, fresh farms and food producers to educate our Boneshakers about the types of food that are going into your body


## PROMOTE A HOLISTIC, LOCAL DIET

 Work with Health Starts Here, a Whole Foods Program that offers a mindful approach to healthy eating that's rooted in simple ways to build better meals.





## EDUCATE ON THE VALUE OF BEING SELF-AWARE ABOUT OUR PLANET

 Provide educational materials about exercise, eating, sleeping and caring for our environment


 The more time kids spend outside, the more they learn to appreciate nature and its ability to improve our quality of life


## EXPOSURE TO COMMUNITY PARKS AND GARDENS

 Host a group tour of local Parks on the National Park Trust's Kids to Parks Day

 Offer monthly bike rides for kids and families to explore parks across Austin

## ENCOURAGE ALTERNATIVE, GREEN TRANSPORTATION

 Partner with community organizations such as Safe Routes to School, AISD, City of Austin, Please be Kind to Cyclists, and many more to promote increased biking and pedestrian transportation

 Educate kids and families about the importance of earth-friendly transportation