

BACK TO SCHOOL

HEALTH & WELLNESS

Florida
HEALTH

MAKE SURE YOUR CHILDREN ARE GETTING BACK INTO THEIR ROUTINES BEFORE SCHOOL STARTS

KEEP KIDS STRONG FROM THE INSIDE OUT

Your child's overall good health can be fostered through eating nutritious foods, getting regular physical activity, and maintaining good sleep habits.

Healthy Eating

Proper nutrition is essential for children to grow and develop. Focus on fruits, vegetables, and protein.

Limit sugar, saturated fats, and processed foods.



Regular Exercise

Encourage your children to be physically active for 60 minutes or more each day, like active play at the park or organized sports.



Getting Enough Sleep

Sleep is just as important to your children's development as nutrition and physical activity. Recommended sleep by age:

3-5 years

10-13
HOURS

6-12 years

9-12
HOURS

13-18 years

8-10
HOURS

In anticipation of the new school year, your local county health department will be providing back to school wellness activities at:

JULY 22 - JULY 24, 2026
LAKELAND HEALTH
DEPARTMENT CLINIC
3241 Lakeland Hills Blvd.
Lakeland, FL 33805

JULY 27 - JULY 31, 2026
AUBURNDALE
COMMUNITY CENTER
405 Bennett St.
Auburndale, FL 33823

AUGUST 3 - AUGUST 6, 2026
LAKE EVA
EVENT CENTER
799 Johns Ave.
Haines City, FL 33844

Clients will be seen from 8 a.m. through 3:30 p.m. at these locations.

Walk-in **ONLY**.

Children ages 6 weeks to 18 years **ONLY**.

After August 6, 2026, back to school wellness activities will resume at county health department clinics. Please call 863-519-7910 for hours and locations.

For more information about these activities, please call 863-519-7910 or visit Polk.FloridaHealth.gov