

# New Moves

an alternative physical education program just for girls

What  
is New  
Moves?

The  
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Program  
materials

Recruitment  
and  
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tools

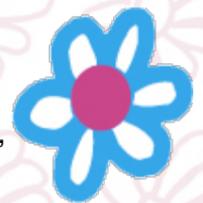
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## Welcome to the New Moves website!

Looking for a fun way to help girls learn healthy eating and physical activity habits while improving self-esteem and body image? You are in the right place! New Moves is an evidence-based physical education program designed to promote positive self-image, healthy eating, and physical activity in adolescent girls. All of the materials available on this website were developed for the New Moves research study, which was implemented in Minnesota high schools during the 2007–2008 and 2008–2009 school years.

The New Moves program was created and evaluated at the University of Minnesota for a research study sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases, a division of the National Institute of Health, (*Grant R01 DK063107, Principal Investigator Dianne Neumark-Sztainer*). An article describing the New Moves program is available [here](#). For more information about the research study, please click [here](#).

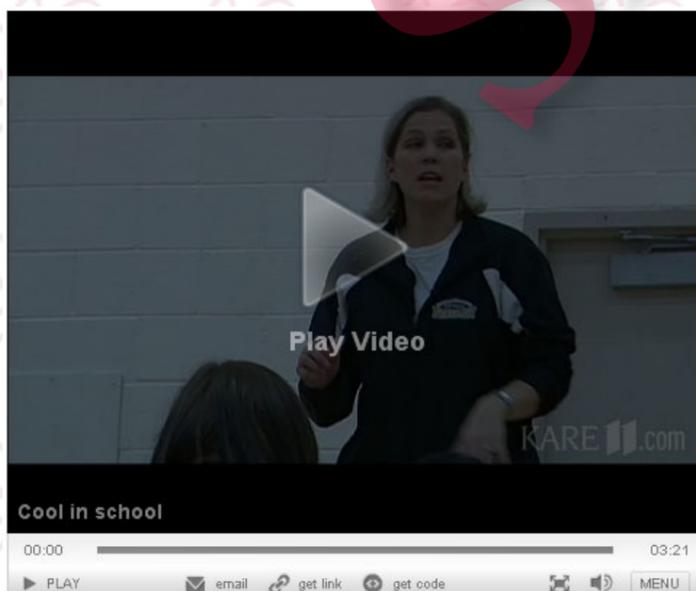


We are excited to announce that all of the materials needed to implement New Moves in your school are available on this website! If you are interested in learning more about how to get New Moves started in your school, click [here](#).

Check out the video below to learn more and see New Moves in action!



Several schools continued to offer the New Moves class after the study ended, see below for an example.



All materials are available as downloads, please note that all of the documents on this website are PDF format.

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