I am moving I am learning

A Proactive Approach for Addressing Childhood Obesity in Head Start Children

IMIL Workshop: This is a fun-filled, hands-on, interactive workshop focused on increasing physical activity and promoting healthy nutrition choices for children birth to 5. Participants will get ideas for increasing activity in their program while having fun!

Who should attend: Childcare providers, center directors, teachers and staff, and family providers especially those providers serving off-installation military families.

Why should you attend: Childhood obesity has become a national public health threat. The best time for preventing obesity begins early in life when preferences are being formed-and childcare professionals can positively influence those preferences.

Goals

- Learn how to increase the quantity of time children spend in moderate to vigorous physical activity (MVPA) during daily routines to meet national guidelines for physical activity.
- Improve the quality of structured movement experiences for children, intentionally facilitated by adults.
- Promote healthy nutrition choices to children every day.
- Support behavior change in adults as it relates to MVPA and provides a positive role model for children.

Workshop Description:

Workshop Date: _____

Time: _____

Location: _____

Fee: _____

For more information contact: _____

To register go to: http://extension.psu.edu/cyttap

University of Nebraska Lincoln EXTENSION

PENNSTATE Cooperative Extension College of Agricultural Sciences

USDA

Extension programs and employment are available to all without discrimination.
Evidence of noncompliance may be reported through your local Extension office. This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the U.S. Department of Defense under Award No. 2009-48667-05833.
Developed in partnership with University of Nebraska–Lincoln Extension and Pennsylvania State University Extension
Any opinions, findings, conclusions, or recommendations expressed herein are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.