



Let's Get Physical

MIDDLE SCHOOL WELLNESS
middle.school.wellness@lancasd.org



Objectives
Develop a plan of action for physical activity
Identify physical activity opportunities
Understand the importance of physical activity
Promote a culture of physical activity

Let's Look at the 100 grams
www.khanacademy.org/a/100-grams

The role of schools- Educating the Student Body

Physical Activity in SNAP-Ed
Pair it with a nutrition message!
What's a healthy meal and what's an alternative?

Important to note that changes may be rolling out for the PE and Physical Activity. And more about in another.

Resources to help the health professional

Food Training (eat it)

Measuring Physical Activity Guidelines by Age

<http://www.cdc.gov/physicalactivity/basics/physical/physicalactivityguidelines.htm>

Healthy Habits for Life

Jump into Exotic and Fitness

Go4Life

Age-Appropriate Physical Activity
Physical Activity that is suited for a specific age group. For example, physical activity for older adults may differ from physical activity for younger children.

How to teach Physical Activity
Appropriate Practices
Created by Los Angeles County Office of Education
No cost, evidence based professional development
Guides to increase student access to quality physical education and opportunities for physical activity
<http://lancaplanet.org>

Healthy Habits Agenda Book
<http://lancaplanet.org>
middle_school_wellness@lancasd.org

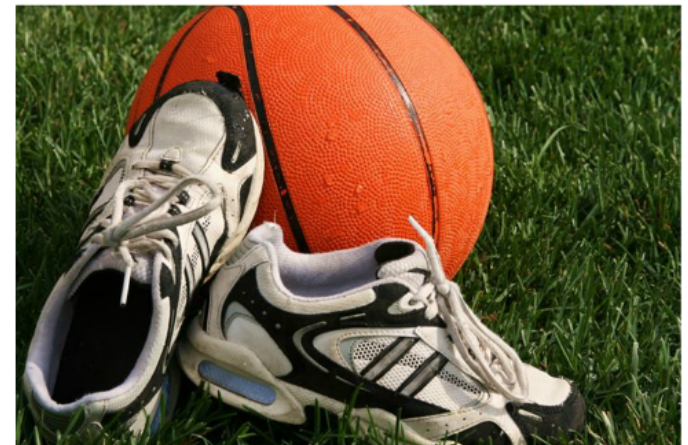
Next Steps
Put stakeholders
Meet to work together to integrate physical activity into SNAP-Ed
Presentations are available on the well-ness and PE in APN events

Physical Activity Break
No right over a phone, in the video, when back
No left over a phone, in the video, when back
Back break up from your attention in the setting
Here up
14, U.S. 1 Department



Let's Get Physical

Michele Scanze, MPH, HFS
michele.scanze@azdhs.gov



ives

to Physical activity from
perspective

Let's Look at the BIG picture



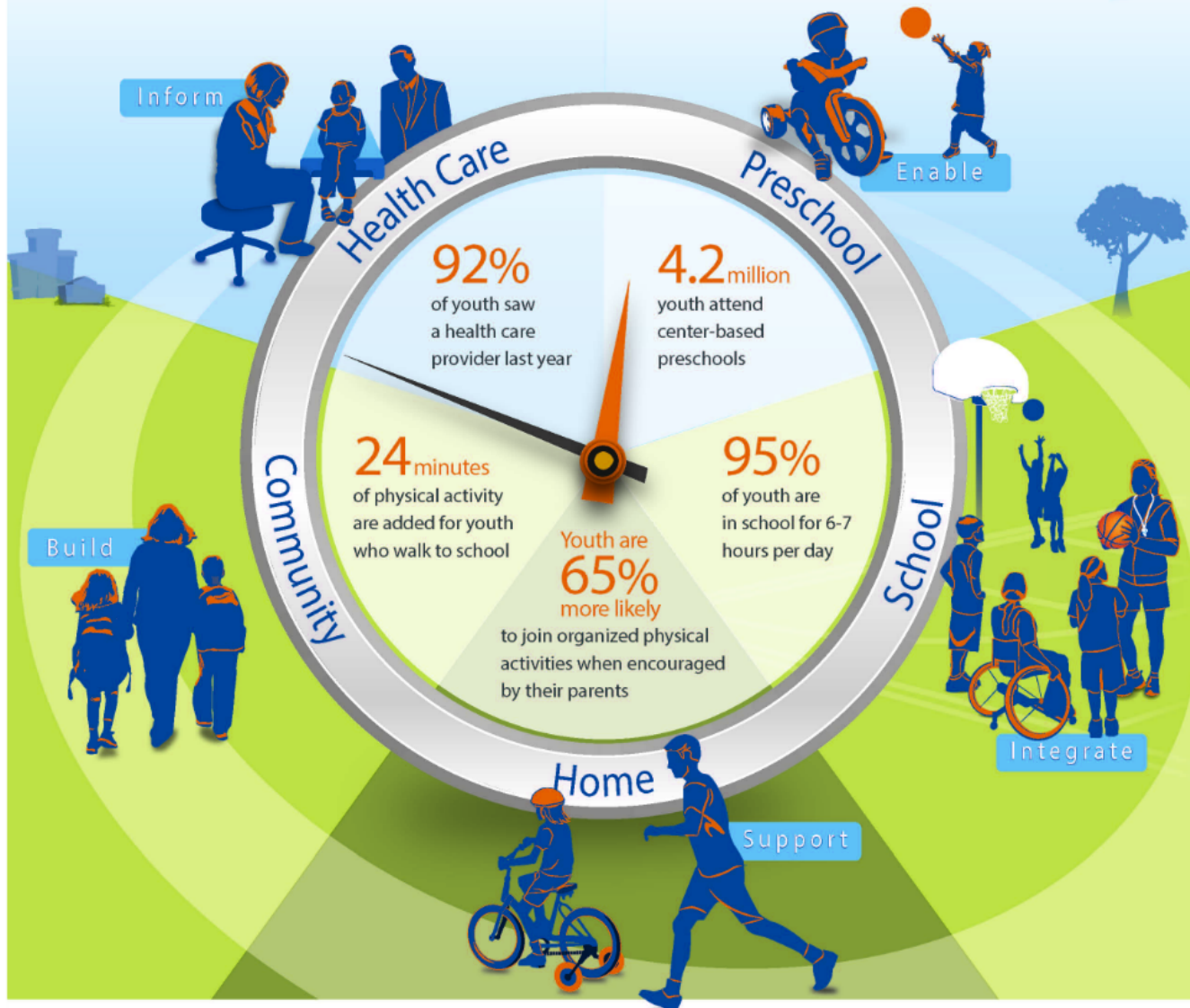
Objectives

- *Update on status of physical activity from a national perspective*
- *Introduce tools to use as health professionals*
- *Discuss age appropriate physical activity and resources available*
- *Provide next steps for physical activity*



Minutes or More a Day

Where Kids Live, Learn, and Play

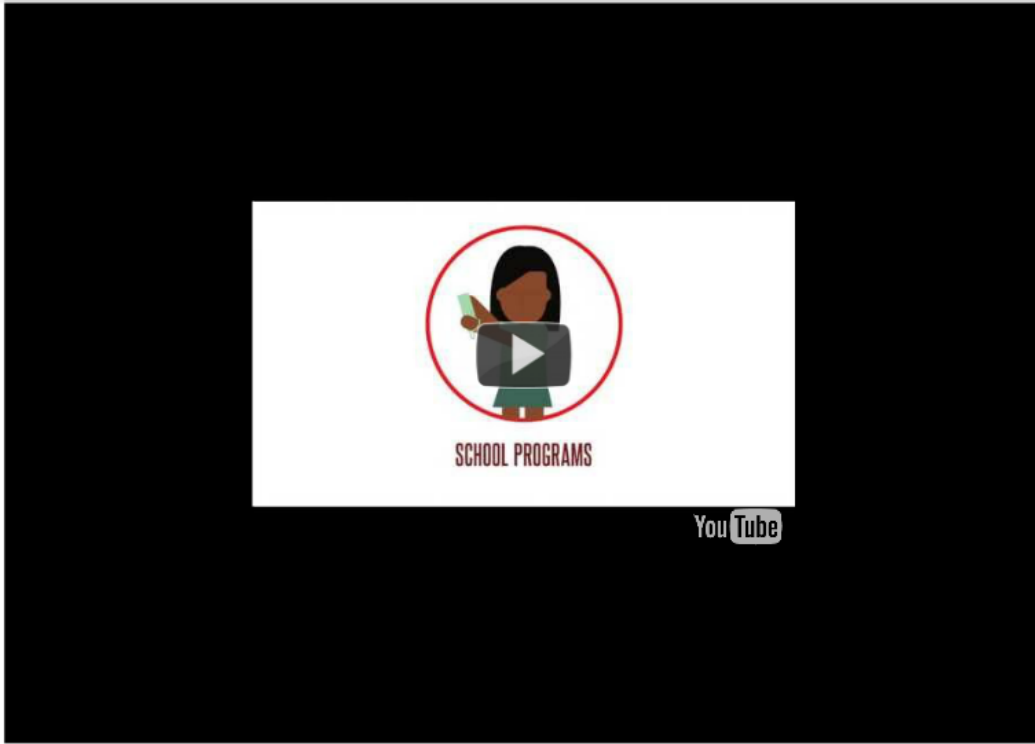


Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



The role of schools- Educating the Student Body





YouTube

Physical Activity in SNAP-Ed

Pear it with a nutrition message!



What's allowable and what's unallowable?

"Such allowable costs are limited to activities that educate about and promote physical activity, such as providing SNAP eligibles with information and encouragement to exercise, a brief exercise demonstration, and referral to local resources..... Allowable physical activity costs include: purchase of educational materials promoting physical activity (such as brochures, newsletters, posters, etc.) and education and promotion as part of nutrition education sessions (such as advice, demonstrations – not ongoing – and community resource information)."

Unallowable physical activity costs include: health club or gym memberships, dues, equipment (such as bicycles, treadmills, stair steps, weights, etc.), facilities (rental or modifications), ongoing classes, exercise leaders for ongoing exercise classes, etc. Note that nutrition education reinforcement items are permitted when they are of nominal value (\$4.00 or less per item). Physical activity supplies purchased for instructional demonstrations would not include large expenditures items such as treadmills or weights since they are not reasonable or necessary and these items are well beyond the means of most recipients.

"Such allowable costs are limited to activities that educate about and promote physical activity, such as providing SNAP eligibles with information and encouragement to exercise, a brief exercise demonstration, and referral to local resources..... Allowable physical activity costs include: purchase of educational materials promoting physical activity (such as brochures, newsletters, posters, etc.) and education and promotion as part of nutrition education sessions (such as advice, demonstrations – not ongoing – and community resource information)."



Unallowable physical activity costs include: health club or gym memberships, dues, equipment (such as bicycles, treadmills, stair steps, weights, etc.), facilities (rental or modifications), ongoing classes, exercise leaders for ongoing exercise classes, etc. Note that nutrition education reinforcement items are permitted when they are of nominal value (\$4.00 or less per item). Physical activity supplies purchased for instructional demonstrations would not include large expenditures items such as treadmills or weights since they are not reasonable or necessary and these items are well beyond the means of most recipients.

Important to note that changes may be taking place for the FY14 Policy and Procedure manual, find more about in October!

Resources to help the health professional

Good Starting point:
[Health.gov/paguidelines](https://www.health.gov/paguidelines)



Messaging-Physical Activity Guidelines by Age

The screenshot shows the CDC website's "Physical Activity" section. The main heading is "Physical Activity" with a sub-heading "Physical Activity > Resources and Publications". The page features a sidebar with navigation links: "Physical Activity", "Strategies to Increase Physical Activity", "Physical Activity for Everyone", "Growing Stronger - Strength Training for Older Adults", "Data and Statistics", "Resources and Publications", "Reports", "Recommendations", "Fact Sheets", and "Social Media Tools". The "Fact Sheets" section is highlighted. The main content area includes a "Fact Sheets" heading, a featured article "More People Walk to Better Health" with a sub-heading "Find out how many Americans are walking their way to better health, and what can be done to make it easier for others to walk.", and a section titled "2008 Physical Activity Guidelines Fact Sheets for Professionals" with a list of links: "Physical Activity Guidelines for Adults [PDF-821k]", "Physical Activity Guidelines for Older Adults [PDF-746k]", and "Physical Activity Guidelines for Children and Adolescents [PDF-672k]". A "Related Links" box contains "Social Media Tools to promote healthy eating, active living and obesity prevention". The right sidebar includes "Email page link", "Print page", "Follow us on Twitter @CDCObesity", "Get email updates" (with an email address input field and a "Submit" button), "Contact Us" (with address, phone, and email), and "File Formats Help" (with a link to "How do I view different file formats (PDF, DOC, PPT, MPEG) on this site?"). The footer contains page metadata: "Page last reviewed: August 7, 2012", "Page last updated: August 7, 2012", and "Content source: Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion".

<http://www.cdc.gov/physicalactivity/resources/factsheets.html>

How to teach Physical Activity

Appropriate Practices for Physical Education and Physical Activity

- Created by Los Angeles County, Office of Education
- No-cost, online professional development
- Goal is to increase student access to quality physical education and opportunities for physical activity
- <http://peap.lacoe.edu/>

Age Appropriate Physical Activity

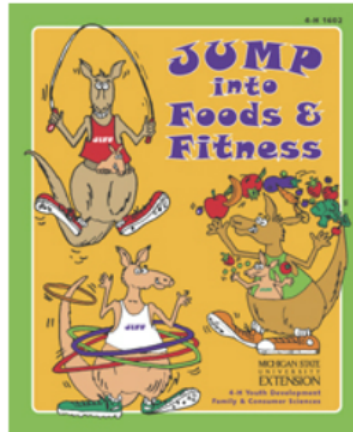
Physical Activity that is suited for a specific age group. For example, physical activity for older adults may differ from physical activity for younger children.

Healthy Habits for Life



Available through Nemours

Jump into Foods and Fitness



Available through SNAP-Ed Connection Resource Library

Go4Life



Available through National Institutes of Aging

Healthy Habits Agenda Book

[https://schooldatebooks.com/
choosing_healthy_habits.php](https://schooldatebooks.com/choosing_healthy_habits.php)

Email: britni@studentplannerservices.com

Next Steps

PA subcommittee

Goal: work together to integrate physical activity into SNAP-Ed

Presentations is available online- will email out link in AZNN emails

Physical Activity Break

Tap right toes in front, to the side, then back

Tap left toes in front, to the side, then back

Reach hands up from your shoulders to the ceiling

Jump up

Knee lifts

10, 5, 3, 1 Repetitions!