



7

## Structured Physical Activity

### **PSE: Structured Physical Activity**

#### **Assessment Instruments**

#### **General Resources**

#### **PSE-Specific Resources**

- **Sample Policies**

*Elements in this compendium may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.*

## ASSESSMENT INSTRUMENTS

### **Bikeability Checklist – US Department of Transportation**

*A checklist to determine the bikeability of your community. This tool is used to rate your bicycle route and identify any problem areas.*

[www.nhtsa.gov/people/injury/pedbimot/bike/bikeability/](http://www.nhtsa.gov/people/injury/pedbimot/bike/bikeability/)

### **The California After-school Program Quality Self-Assessment Tool (QSAT) – California After-school Network**

*The tool focuses on big picture program design elements, as well as important considerations at the point of service. Programs can use the tool to self-assess their program and make plans for program improvement. One section relates specifically to nutrition and physical activity.*

<http://www.afterschoolnetwork.org/post/california-after-school-program-quality-self-assessment-tool>

### **California Fit Business Kit: Check for Health Assessment Tool – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)**

*Check for Health is an easy-to-use tool to assess your worksite and demonstrate a commitment to your employees' health. Check for Health will assist you in evaluating the culture of health in your organization and how well that culture supports employees' healthy eating and physical activity habits.*

<http://takeactionca.cdph.ca.gov/Documents/Check%20for%20Health.pdf>

### **Community Park Audit Tool (CPAT) – Active Living Research**

*A tool that would enable diverse community stakeholders to audit local parks for their potential to promote physical activity, with an emphasis on the tool being user-friendly and focusing on youth physical activity.*

<http://www.activelivingresearch.org/node/12700>

### **Healthier Worksite Initiative: Needs Assessment – Centers for Disease Control and Prevention (CDC)**

*Needs Assessment Tools, including Employee Input, Cost Calculators, and Environmental Audits.*

<http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/needsassessment.htm>

### **Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) – University of North Carolina Center for Health Promotion and Disease Prevention**

*Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity.*

<https://gonapsacc.org/resources/nap-sacc-materials/program-materials>

**Physical Activity Resource Assessment (PARA) Form – Active Living Research**

*A brief, one-page instrument to systematically document and describe the type, features, amenities, quality and incivilities of a variety of physical activity resources. a brief, one-page, check-box instrument used to assess the type, features, amenities, quality and incivilities of a variety of physical activity resources (e.g., parks, churches, schools, sports facilities, fitness centers, community centers, and trails). Assessments typically take fewer than 10 minutes.*

<http://activelivingresearch.org/node/10638>

**Physical Education Curriculum Analysis Tool (PECAT) - CDC**

*The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.*

<http://www.cdc.gov/healthyyouth/pecat/>

**Recreation Facility Evaluation Tool – University of South Carolina Prevention Research Center (PRC)**

*This instrument can be used to identify and evaluate Parks, Playgrounds, Sports Fields, Aquatic Facilities/Pools, and Recreation Centers. Each park and recreation center can be rated with respect to safety, condition, and maintenance of the facility.*

<http://prevention.sph.sc.edu/tools/recfacilitytool.htm>

**Rural Active Living Perceived Environment Support Scale (RALPESS) – Active Living Research**

*The RALPESS is a valid, internally consistent, and practically useful instrument to measure perceptions of rural environments in the context of physical activity across the lifespan. The survey consists of 33 items with 7 factors: 1) church facilities, 2) town center connectivity, 3) indoor areas, 4) around the home/neighborhood, 5) town center physical activity resources, 6) school grounds, and 7) outdoor areas.*

<http://www.activelivingresearch.org/node/12699>

**School PA Policy Assessment (S-PAPA) - Monica Lounsbery, PhD (UNLV) et al (2012)**

*Assesses physical activity policy related to physical education, recess, and other PA opportunities at elementary schools. The assessment has 7 background items and 3 modules: (a) Physical Education (40 items); (b) Recess (27 items); and (c) Other Before, During, and After School Programs (15 items). Takes 23min to administer.*

[http://www.midss.ie/sites/www.midss.ie/files/s-papa\\_instrument\\_0.pdf](http://www.midss.ie/sites/www.midss.ie/files/s-papa_instrument_0.pdf)

**SWAT Tool for Observing Worksite Environments (TOWE) - CDC**

*The Swift Worksite Assessment and Translation (SWAT) evaluation method allows for rapid assessment of worksite health promotion programs that help employees to attain or maintain a healthy body weight. The method generates data sufficient to identify promising and innovative worksite health promotion strategies that may be useful to advance public health goals related to reducing adult obesity.*

[http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/swat/SWAT\\_observing\\_worksite\\_environment.pdf](http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/swat/SWAT_observing_worksite_environment.pdf)

**THRIVE: Community Tool for Health and Resilience in Vulnerable Environments – Prevention Institute**

*The Prevention Institute’s THRIVE tool helps communities understand and prioritize the factors that influence the health outcomes of their vulnerable populations. It is organized by community level factors and key health problems such as poor nutrition and physical activity.*

<http://thrive.preventioninstitute.org/thrive/index.php>

<http://thrive.preventioninstitute.org/thrive/tools.html>

**Walkability Checklist – Partnership for Walkable America**

*A checklist to determine the walkability of your community. This tool is used to rate your walk and identify any problem areas.*

<http://www.walkableamerica.org/checklist-walkability.pdf>

**Walking Route Audit Tool for Seniors (WRATS) – Active Living Research**

*An audit tool to be used by researchers as well as laypeople to identify the best walking routes for older adults. The main domains covered are functionality, safety, aesthetics, and destinations. The tool includes 59 items and most are measured using a 3-point scale.*

<http://www.activelivingresearch.org/node/11950>

**GENERAL RESOURCES: SAMPLE POLICIES****The 2008 Physical Activity Guidelines for Americans – USDA**

*Provides science-based guidelines to help Americans aged 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the guidelines help you, learn about the health benefits of PA, understand how to do PA in a manner that meets the Guidelines, understand how to reduce the risks of activity-related injury, assist others in participating regularly in PA.*

<http://www.health.gov/paguidelines/guidelines/default.aspx>

**The U.S. National Physical Activity Plan - National Physical Activity Plan**

*The National Physical Activity Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative.*

<http://www.physicalactivityplan.org/>

**Fruit, Vegetable, and Physical Activity Toolbox for Community Educators – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)**

*The Toolbox Kit and companion web site were created so that community educators can easily teach low-income adults about eating the recommended amount of fruits and vegetables and enjoying physical activity every day. The Toolbox Web site contains lessons with supporting handouts, resources, and evaluation tools.*

[www.cdph.ca.gov/program/NEOPB/pages/toolbox.aspx](http://www.cdph.ca.gov/program/NEOPB/pages/toolbox.aspx)

**Chronic Disease Policy Tracking System - CDC**

*The CDC has developed a Chronic Disease Policy Tracking System that contains legislation and regulations that may promote nutrition, physical activity, and obesity prevention. There are over 5,000 state-level policies included in the database from 2001-2013. The content is updated periodically and can be used for the purpose of public health information, research and surveillance.*

<http://nccd.cdc.gov/cdphpolicysearch/default.aspx>

## GENERAL RESOURCES: PHYSICAL ACTIVITY IN COMMUNITIES

**100 Citizens Program - Fitness Program for Low-income Communities - CSU Northridge**

*California State University, Northridge kinesiology professor Steven Loy and dozens of his students joined forces with community leaders across Los Angeles County to launch free, park-based wellness programs that encourage residents to make healthy life choices. Dr. Steven Loy. The effort, dubbed "100 Citizens," grew out of a project Loy and a volunteer team of Cal State Northridge graduate and undergraduate kinesiology students started earlier this year at Recreation Park in San Fernando and is being replicated in other low income communities.*

<http://www.100citizens.org/our-purpose>

**Alliance for Biking and Walking**

*Find resources on promoting bike commuting, bicycle and pedestrian safety, sharing the road, and walking and biking to school are common education themes as well as sample Power Point presentations, videos, and resources on hosting classes and workshops. Find resources for planning successful events including Bike to Work Day, fundraising galas, and fundraising bike rides.*

<http://www.peoplepoweredmovement.org/site/>

**Body & Soul – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)**

*The NEOPB African American Campaign sponsors the Body & Soul wellness program to enhance the health ministry of African American churches throughout California. The mission of Body & Soul is simple – to encourage church members to take charge of their health through making healthier choices, eating better and increasing physical activity every day.*

[www.cdph.ca.gov/programs/NEOPB/pages/faithinitiatives.aspx](http://www.cdph.ca.gov/programs/NEOPB/pages/faithinitiatives.aspx)

**Center for City Park Excellence: the Trust for Public Land- City Parks Blog**

*This web site shares many examples of how public health departments are partnering with parks and recreation departments to offer free/low-cost exercise programs/classes.*

<http://cityparksblog.org/category/health/>

**Center for Training Research and Translation (Center TRT) - University of North Carolina at Chapel Hill**

*This resource has many evidence programs and interventions for increasing physical activity in communities, such as:*

- **Faithful Families Eating Smart and Moving More (FFESMM):** *FFESMM is a faith community-based program that addresses multiple levels of the socio-ecological (S-E) model. The program focuses on both the individual/interpersonal level (group nutrition/physical activity education series) and the organizational level (policy, practice and environmental changes within faith communities).*
- **Kids in the Park:** *By turning existing, outdoor trails into kid-friendly hiking trails, the Kids in Parks (KIP) program increases access to and the number of places for physical activity. KIP influences multiple levels of the socio-ecologic model by directly changing the community environment and by providing incentives and organizational supports to promote physical activity through hiking, disc golf and other outdoor activities. Kids in Parks is a practice-tested intervention.*

<http://centertrt.org/>

**Eat Smart, Live Strong – USDA**

*Designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. Nutrition education providers can use Eat Smart, Live Strong to help able-bodied, community dwelling, low-income older adults adapt behaviors that help to delay and prevent the effects of diet-related disease.*

<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-stong>

**ENACT Tool – Prevention Institute**

*ENACT is a hands-on assessment and planning tool for organizations, coalitions, and communities interested in improving their food and physical activity environments. ENACT contains a menu of concrete strategies that promote healthy eating and active living within each of its seven environments. These strategies can be used to assess community environments and to identify priority strategies. The tool can also be used to evaluate past and current efforts and offer new priorities for the future.*

<http://eatbettermovemore.org/sa/enact/members/strategiesshow.php?e=4&se=1&48d5dd29717fa4e646d2076c854a3f03>

**Exercise is Medicine.**

*Has resources and step by step plan for a simple, fast and effective tool for using exercise as a 'medicine' to help prevent or manage many of the most common chronic health conditions Public Action Guide including resources for Physical Activities with a Disability.*

[http://www.exerciseismedicine.org/support\\_page.php?p=36](http://www.exerciseismedicine.org/support_page.php?p=36)

**Faithful Families Eating Smart and Moving More – Eat Smart Move More North Carolina**

*The Faithful Families Eating Smart and Moving More Program (Faithful Families) promotes healthy eating and physical activity in communities of faith. Resources for the program include a 9-session Faithful Families curriculum and the Eating Smart and Moving More Planning Guide for Faith Communities.*

<http://www.faithfulfamiliesmm.org/>

**Guide to Strategies for Increasing Physical Activity in the Community – CDC**

*The Guidelines report indicates that health benefits of physical activity include prevention of disease and reductions in risk factors associated with these many diseases and conditions. Physical activity also serves as one of the elements in recommended treatments for obesity and other chronic conditions. Based on the existing evidence, the Guidelines provide recommendations for physical activity for children and adults.*

<http://adph.org/NUTRITION/assets/StratsforIncPAintheCommunity.pdf>

**Healthy Parks, Healthy People (HPHP) – East Bay Regional Park District**

*Healthy Parks Healthy People is a worldwide campaign to encourage healthy active fun in the outdoors while appreciating and taking care of our parks and open space areas. The East Bay Regional Park District is a leader in the HPHP United States initiative, working to reintegrate human, environmental and ecological health into the mission of public parks. As the largest regional park district in the nation, the District has worked closely with the U.S. National Parks Service, national and regional park industry member agencies and other global organizers to promote the use of parks by low income children and families.*

<http://www.ebparks.org/Page548.aspx>

**Leadership for Healthy Communities Advancing Policies to Support Healthy Eating and Active Living: Action Strategies Toolkit – Robert Wood Johnson Foundation**

*This toolkit represents the most current research on childhood obesity and the most relevant policy approaches for local and state leaders working to create healthy communities. It includes research, steps for getting started and resources for; active transportation, land use for active living, open spaces, parks and recreation, quality physical activity in and near schools and strategies for keeping communities safe and free from crime to encourage outdoor activity.*

<http://www.leadershipforhealthycommunities.org/resource/action-strategies-toolkit/>

**Bicycle Friendly Community Program - The League of American Bicyclists**

*Explore [this interactive map](#) to see current BFCs by state and to find out what these communities are doing to promote cycling.*

<http://www.bikeleague.org/bfa/awards>

**Moving Ahead – CDC**

*Strategies and tools to plan, conduct and maintain effective community based PA programs for older adults (a brief guide).*

[http://www.cdc.gov/aging/pdf/community-based\\_physical\\_activity\\_programs\\_for\\_older\\_adults.pdf](http://www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf)

**Physical Activity Policy Research Network - CDC**

*The PAPRN was established to study the effectiveness of health policies related to increasing PA in communities.*

<http://paprn.wustl.edu/Pages/Homepage.aspx>

**A Practitioner’s Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease – CDC**

*This resource offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease health disparities. It provides a collection of health equity considerations for several policy, systems, and environmental improvement strategies focused on tobacco-free living, healthy food and beverages, and active living.*  
<http://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf>

**Rails to Trails Conservancy**

*Numerous resources including: Active transport, Trail Building Toolkit.*  
<http://www.railstotrails.org/index.html>

**Social Support for Physical Activity: Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults – Partnership for Prevention & CDC**

*This Action Guide focuses on assisting local public health practitioners in increasing physical activity among young people and adults through establishing a community-based walking group program to increase social support of individuals wanting to improve their health and activity habits. On the basis of an assessment of their resources and community’s needs, public health practitioners committed to increasing physical activity among members of their community may find this approach to be appropriate and viable.*  
<https://www.prevent.org/downloadStart.aspx?id=36>

**Walk With Ease – Arthritis Foundation**

*The evidence-based program provides information, support and tools to help you develop a walking exercise program for older adults.*  
<http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

**Walk with a Doc**

*A free, non-profit program for anyone interested in taking steps for their health.*  
<http://www.walkwithadoc.org/>

**GENERAL RESOURCES: WORKSITE PHYSICAL ACTIVITY PROGRAMS**

**The California Fit Business Kit – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)**

*The California Fit Business Kit is a suite of ten tools designed to increase access to fruits and vegetables and physical activity during the workday. These tools can be used individually or as part of a comprehensive worksite wellness program. Most importantly, the tools can assist employers and employees who are interested in combating declining employee health and ever-increasing health care costs.*  
<http://takeactionca.cdph.ca.gov/pages/california-fit-business-kit-tools.aspx>

**DOH Exercise and Health Activity Policy – Utah Department of Health**

*Exercise and health activity time policy for its employees that can be adapted for other worksites.*

<http://www.choosehealth.utah.gov/documents/pdfs/policies/exerciserelease.pdf>

**Eat Smart Move More Worksite Initiative – North Carolina**

*This program has developed a guide to creating walking maps to encourage walking on worksite campuses.*

<http://www.eatsmartmovemorenc.com/WalkingMapGuide/WalkingMapGuide.html>

**Healthy Worksites Toolkit – Oregon Public Health Division**

*Healthy Worksites toolkit that includes guidance on establishing policies to support physical activity at work as well as a sample flextime policy template.*

<https://public.health.oregon.gov/PreventionWellness/HealthyCommunities/HealthyWorksites/Pages/index.aspx>

**GENERAL RESOURCES: EARLY CHILDHOOD PROGRAMS**

**California Preschools SHINE – The California Department of Education (CDE)**

*The California Department of Education developed the California Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE). This program demonstrates how to integrate nutrition education, edible gardens, and physical activity into child care center classrooms and day care homes.*

<http://www.californiahealthykids.org/earlychildhood>

**CHOICE: Creating Healthy Opportunities in Child Care Environments (English and Spanish manual with forms – Contra Costa Child Care Council**

*A manual to help an organization through the process of developing and implementing comprehensive written nutrition and physical activity policies for its child care center. It addresses the steps of assessment, best practices, and the writing policy.*

<https://www.cocokids.org/child-health-nutrition/wp-content/uploads/sites/3/2013/08/CHOICE-Creating-Healthy-Opportunities-in-Child-Care-Environments-Manual.pdf>

CHOICE Assessment Instrument

<http://www.proprofs.com/quiz-school/story.php?title=njuwmjm0sc3j>

**Contra Costa Child Care Council’s Best Practices**

*Through partial funding from two grants (NEOPB and the Vitamin Cases Consumer Settlement Fund), the Contra Costa Child Care Council, Child Health and Nutrition Program, has developed the Self-Assessment Questionnaire (SAQ) and the Best Practices Manual to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes. Contains best practices and a resource guide for feeding practices, food served, active play, and staff and parent training.*

<http://www.healthybeveragesinchildcare.org/bestpractices/BestPracticesHandbook.pdf>

**Healthy & Active Preschoolers – CDE’s Nutrition Learning Center for Child Care Programs**

*A nutrition and physical activity learning center for child care professionals. It offers a variety of online courses and resources to improve the nutrition and physical activity environment in child care programs.*

<http://www.healthypreschoolers.com/>

**Eat Well Play Hard in Child Care Settings – Center TRT**

*Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers and influencing food and activity practices in child care settings.*

<http://centertrt.org/?p=intervention&id=1105>

**Hip Hop to Health Jr. - Melinda Stolley, PhD., Medical College of Wisconsin**

*Evidence-based healthy eating and exercise curriculum developed for children ages 3-5 years.*

<http://www.hiphoptohealth.com/>

**I am Moving, I am Learning: A Proactive Approach for Addressing Child Obesity in Head Start – National Office of Head Start**

*Program designed to increase daily moderate-to-vigorous physical activity (MVPA), improve the quality of movement activities, and promote healthy food choices among preschool children.*

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/healthy-active-living/imil>

**Let’s Move! Child Care Initiative – Nemours Foundation & First Lady Michelle Obama’s Let’s Move! Initiative**

*Initiative designed to assist child care providers in implementing the five key physical activity and nutrition goals.*

<http://healthykidshealthyfuture.org/welcome.html>

**Nutrition and PA in Child Care – Extension.org**

*Extension is an Internet-based collaborative environment where Land Grant University content providers exchange objective, research-based knowledge to solve real challenges in real time. The nutrition and physical activity in child care page contains links to articles that include specific information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting.*

<http://www.extension.org/pages/25848/nutrition-and-physical-activity-in-child-care>

**PE Central**

*Free Pre-K lessons that contain information that should be helpful to those who are responsible for providing movement programs for young children.*

<http://www.pecentral.org/preschool/preschoolindex.html>

## GENERAL RESOURCES: PHYSICAL EDUCATION/PHYSICAL ACTIVITY IN SCHOOLS/AFTER-SCHOOLS

### **ACTIVE8 – CANFIT**

*CANFIT's ACTIVE8 (activate) is an 8-step guide that engages youth through creating opportunities for physical activity that are enjoyable, meets their needs and involves and encourages participation of all, including peers, staff, administrators, parents and community members. It is designed to help youth providers 1) incorporate "simple, yet appropriate" physical activities and 2) create a positive physical activity culture through improving policies in your after school, community and/or neighborhood.*

[http://canfit.org/our\\_work/programs/ACTIVE8/](http://canfit.org/our_work/programs/ACTIVE8/)

### **Active Academics®**

*Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. The standards-based activity ideas utilize the Common Core Standards as well as national standards. For PreK-5th Grade.*

<http://www.activeacademics.org/>

### **After-School Energizers: Classroom Based Physical Activities - East Carolina University, Activity Promotion Laboratory**

*This is the third edition of classroom energizers. It follows in the footsteps of the first two successful renditions; Energizers, designed for grades K-5, and the Middle School Energizers, designed for a middle school audience.*

<http://www.ecu.edu/cs-hhp/exss/upload/After-School-Energizers.pdf>

### **BOKS Before-School Physical Activity Program – Build Our Kids' Success**

*The program combines play, physical activity, team games and short talks on nutrition to create healthier habits for children to achieve life-long fitness.*

<http://www.bokskids.org/>

### **Children's Power Play! Initiative – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)**

*The Children's Power Play! Initiative teaches children about healthy food and activity choices. Power Play! supplies schools and community youth groups with free resource kits focused on fruits, vegetables and exercise. The kits feature both physical activities and classroom-style lessons that align with the state's Health Education Content Standards.*

<http://www.cdph.ca.gov/programs/NEOPB/pages/powerplayresources.aspx>

### **Coordinated Approach to Child Health (CATCH)**

*CATCH is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. For preschool through 8th and after-school.*

<http://catchinfo.org>

**Eat Well & Keep Moving – Harvard School of Public Health**

*Complete curriculum that helps academic, physical education, and health education teachers guide upper elementary school students to make healthier choices while building skills.*

<http://www.eatwellandkeepmoving.org>

**Educating the Student Body: Taking Physical Activity and Physical Education to School – Institute of Medicine – Institute of Medicine**

*Recommendations for strengthening and improving programs and policies for physical activity and physical education in the school environment – including before, during and after school. May 23, 2013*

- Report -: [http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody\\_rb.pdf](http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_rb.pdf)
- Full report: <http://www.iom.edu/Reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School.aspx>

**Just a Minute (JAM) School Program**

*The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools. JAM resources offer a weekly one-minute exercise routine called JAMmin' Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter called Health-E-tips.*

<http://www.healthetips.com/jam-program.php>

**Let's Move! Active Schools - SHAPE America and the Alliance for a Healthier Generation**

*Let's Move! Active Schools is a comprehensive program that empowers P.E. teachers, classroom teachers, principals, administrators, and parents to create active environments that enable all students to get moving and reach their full potential. After signing up, these school champions are guided through a simple, Six Step Process that helps them build a team, make a plan, and access free in-person trainings, program materials and activation grants, and direct, personal assistance from certified professionals.*

<http://letsmoveschools.org/>

**Mighty Milers Running Program – New York Road Runners**

*Mighty Milers is a running program for kids of all fitness levels from pre-kindergarten through eighth grade. It's designed to get kids moving and prevent obesity and illness. Participation in Mighty Milers helps kids build their self-esteem, and learn to make and reach personal goals.*

<http://www.nyrr.org/youth-and-schools/mighty-milers>

**North Carolina Energizers**

*Classroom based physical activities for teachers to integrate with academic concepts.*

<http://www.eatsmartmovemorenc.com/>

**Painting Playgrounds for Movement – CSU Chico Research Foundation**

*A low cost, evidenced based method to increase structured physical activity among children of all ages.*

[http://childhoodobesity2015.com/docs/uploads/WS2.2.Buran,M\\_Painting%20Preschool%20Playgrounds%20for%20Movement-%20COC.pdf](http://childhoodobesity2015.com/docs/uploads/WS2.2.Buran,M_Painting%20Preschool%20Playgrounds%20for%20Movement-%20COC.pdf)

**Sports Play Active Recreation for Kids (SPARK)**

*Intervention that uses physical education specialists to implement instructional strategies to increase the amount of time students spends in moderate-to-vigorous physical activity in physical education.*

<http://www.sparkpe.org/>

**Take 10! - ILSI Research Foundation**

*Because schools often do not allot time for regular health, nutrition, and physical education classes, TAKE 10!® integrates this content with grade-specific academic lessons. This program is one of the few of its kind that is built on and supported by this evidence.*

<http://www.take10.net/>

**Youth Physical Activity Guidelines Toolkit - CDC**

*To promote the guidelines and support youth physical activity, CDC and several partner organizations developed the Youth Physical Activity Guidelines Toolkit, which highlights strategies that schools, families, and communities can use to support youth physical activity.*

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with partial funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)