



Physical Activity Integration for Local Health Departments

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How Can PA be Integrated?

- Classes
- Community Outreach
- PSE
- Media
- Resources/Displays
- Trainings
- Wellness Policies
- Signature Events
- CNAP
- Champion efforts



Know Your Target Audience

Who?

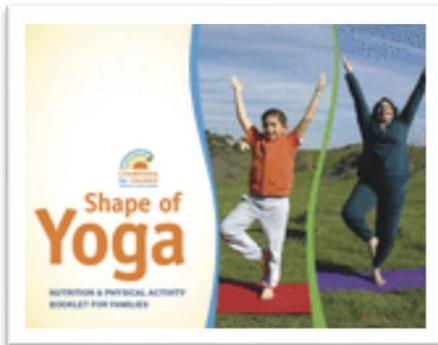
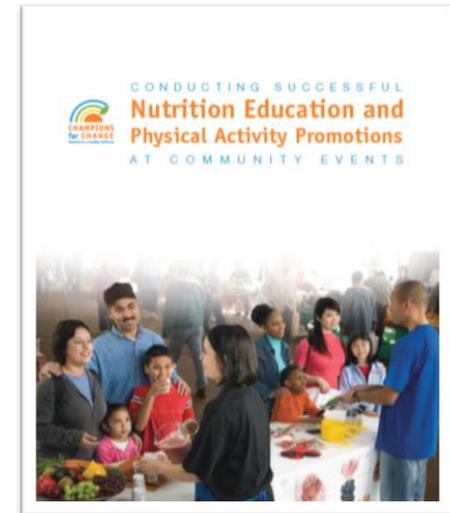
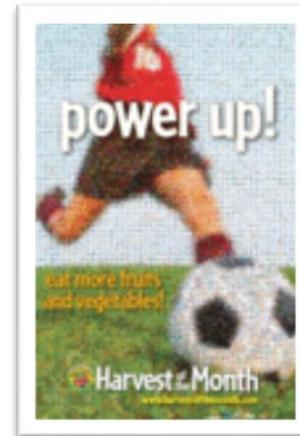
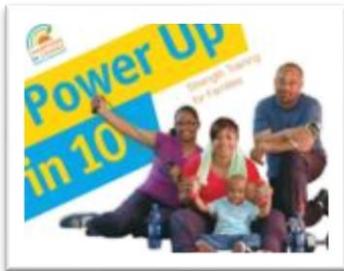
- Adults
- Parents
- Employees
- Seniors
- Youth

Where?

- Schools
- Churches
- Community Garden
- Congregate meals
- Family Resource Center



Using PA Resources



Action Planning

1. *Overview of work plan*
2. *Identify your target audience(s)*
3. *What resources do you need?*
4. *What will it look like?*
5. *What do you hope to change?*

