



SNAP-Ed Physical Activity (PA) Integration: Moving Towards Sustainable PA



AGENDA

Overview

The goal of this training is to provide training participants the knowledge and skills essential to maximize the impact of Physical activity (PA) in SNAP-Ed programs. The training content includes strategies for integrating PA into SNAP-Ed focus areas and interventions, tools for developing sustainable school and community based PSE strategies that incorporate PA, the PA planning process, and much more.

Activities

- Welcome and Warm Up
- Current public health PA research reviews and implications for PA integration
- Opportunities to integrate PA strategies into SNAP-Ed focus areas and interventions
- Break/PA
- Partnerships and community engagement essential to maximizing the impact of PA
- Lunch
- Sustainable school and community based PSE strategies that integrate PA
- Best practices for PA integration and sample PA policies
- Break/PA
- Valuable resources for implementing PA activities
- Using the PA planning process to expand PA strategies for the FFY18 Integrated Workplan (IWP)
- Wrap Up

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.