

# Physical Activity Program Webinar 11/6/13

## “Maximizing PA Opportunities in Your Communities”

### Q & A

Question	Answer
<p>1. Are there images anywhere of areas painted using the playground stencils that Michele talked about?</p>	<p>Yes. You can visit the Fastline website at <a href="http://fastlinestencils.com/stencils/stencils.php">http://fastlinestencils.com/stencils/stencils.php</a>. This source was approved by the <i>Network</i> in 2011 to purchase playground stencils for the 11 Regional PA Specialists to keep in their lending library. You can also contact Michele Buran at <a href="mailto:mburan@csuchico.edu">mburan@csuchico.edu</a> and she can share some of her regional photos; here are a few examples: <a href="http://www.csuchico.edu/cnap/other/physical-activity-policies-in-preschool/painting-playgrounds.shtml">http://www.csuchico.edu/cnap/other/physical-activity-policies-in-preschool/painting-playgrounds.shtml</a></p>
<p>2. If we use a Network resource are we restricted to include only what is in the resource and use only the cues provided in the guides. For ex: Shape of Yoga: I am a Registered Yoga Teacher and would feel more comfortable being able to add safety cues to some of the poses that are not listed in the Shape of Yoga directions. Is that allowed?</p>	<p>Yes, please include additional safety tips as needed. You may also adapt poses, safety tips and/or messages to your specific audience.</p>
<p>3. Are all of the examples provided (stencils, walking clubs, etc.) allowable Network activities - can they be paid for with Network funds?</p>	<p>Stencils are an allowable cost. If you purchase stencils, we encourage you to lend them out to partners, schools, and other local health departments.</p> <p>Regarding walking clubs, you can conduct walkability assessments, provide trainings, and you can <u>lead</u> a walking class once. If you want to lead a class more than once (i.e., ongoing classes), you must get prior approval from the USDA.</p>