

# Let's Get Physical!

Growing Healthy Bodies & Strong Minds



**Playing is Learning!**

## **DESCRIPTION:**

Eat right, exercise and have fun! Learn how to reinforce healthy food choices and increase moderate to vigorous physical activity through engaging, hands-on activities using inexpensive equipment, music, and homemade play props. Discover what is known from research about brain development and its connection to movement, food, and cognitive development. Make a difference in your children's future by making fitness and nutrition a fun part of everyday.

## **OBJECTIVES/LEARNING OUTCOMES:**

Identify physical activity guidelines for preschool children that promote health-related fitness and movement skills.

Demonstrate an understanding of techniques to increase the quantity of time spent in moderate to vigorous physical activity throughout the day.

Discuss the importance of healthy food choices and strategies to facilitate nutrition activities for young children.

Discuss an understanding of how and why movement is connected to brain development and learning.

## **BENEFIT TO CONFEREES & CHILDREN:**

Attendees will "learn by doing" as they participate in the games and activities shared. Discover how to use the food pyramid with young children in making healthy food choices; integrate movement throughout the day, and recognize the importance of the mind-body connection-being physically fit fosters healthy development which translates into successful learning. By becoming informed, teachers can intentionally plan and facilitate movement experiences and nutritional learning activities. Physically active children have greater chances of being healthy for a lifetime.

## **SUMMARY:**

Numerous studies and reports from the U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention have documented the realities of physical inactivity, combined with poor diet, and the resulting health concerns for children as well as adults. If this trend continues, children of this generation are not likely to live as long as their parents. Research shows that by influencing children early in their lives to adopt active and fit lifestyles and make healthy nutrition choices, childhood obesity can be prevented and even reversed. Research also indicates that the cognitive domains of the brain are automatically stimulated when children are engaged in physical activity. It is essential that we take advantage of this information so we can provide for the development of the mind as well as the body of the learner.

**AUDIO/VISUAL:** CD player

**FORMAT:** Active Involvement/Movement

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