



Maybe it's OK to Eat & Run?

Physical activity AND nutrition? Yes! We all know how important it is to address both sides of the energy balance issue – calories in and calories out. This active session shows busy teachers how to accomplish both at the same time. If you teach physical education or physical activity, nutrition, or health education, you won't need a reservation to enjoy this tasty topic!

This workshop was created to be teambuilding, inspirational, and FUN. Attendees will learn and play, “5 Servings Tag,” “Healthy Choice,” “Workout Buddies,” and many more games their students will love. All are inclusive and enjoyable activities that reinforce nutrition concepts and promote healthy food choices while moving. Participants will leave with activities they can serve up on Monday, and the confidence to teach and spice them up!

A Special Day at Your School or District:

Maybe it's OK to Eat & Run? is a half-day or full-day, on-site workshop hosted at YOUR facility. Attendees will learn research-based content, instructional methodologies, and assessment strategies applicable for students in grades K-8. When this active day concludes, teachers will have more tools in their toolboxes – great activities that increase student time in MVPA (moderate to vigorous physical activity) and innovative ideas on how to teach and reinforce healthy eating concepts during class, at home, and even at the local Mickey D's.

Program Objectives/Outcomes - participants will:

- Learn a variety of movement activities that also address nutrition concepts
- Engage in nutrition education activities that also have students moving
- Understand how to apply instructional techniques that ensure 50% or better MVPA during class
- Practice using assessment tools to demonstrate student learning and application

Essentials:

- Days, and start/stop times are **flexible**; what's best for your staff and district?
- 3 or 6 hours of “hands-on” instruction
- **Maximum of 40** participants for safety and to ensure adequate equipment for all

Attendees Receive (FREE):

- Certificate of Completion (awarded end of day to those present)
- Post workshop consultation via phone and email
- Access to e-Newsletter, monthly webinars, and social media opportunities with other physical educators
- Raffle prizes and/or giveaways

Contact us at spark@SPARKpe.org or 833-73-SPARK to learn more about scheduling a **Maybe it's OK to Eat & Run?** presentation for your school or district!

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