

Icebreaker – Frozen Vocab

- We will be moving
- I'll call out a word
- Volunteer will use it in a sentence and introduce themselves.

Frozen Vocab

1. Instruct students to do an activity standing at their desks:
 - ★ Jumping
 - ★ Twisting
 - ★ Jogging
 - ★ Jumping jacks
 - ★ Playing air guitar
2. Students continue activity for 30 seconds or until teacher calls out a vocabulary word at which point the students freeze.
3. Call on a volunteer to use the vocabulary word properly in a sentence.
4. Resume activity or begin a new activity when a student uses the vocabulary word properly in a sentence.



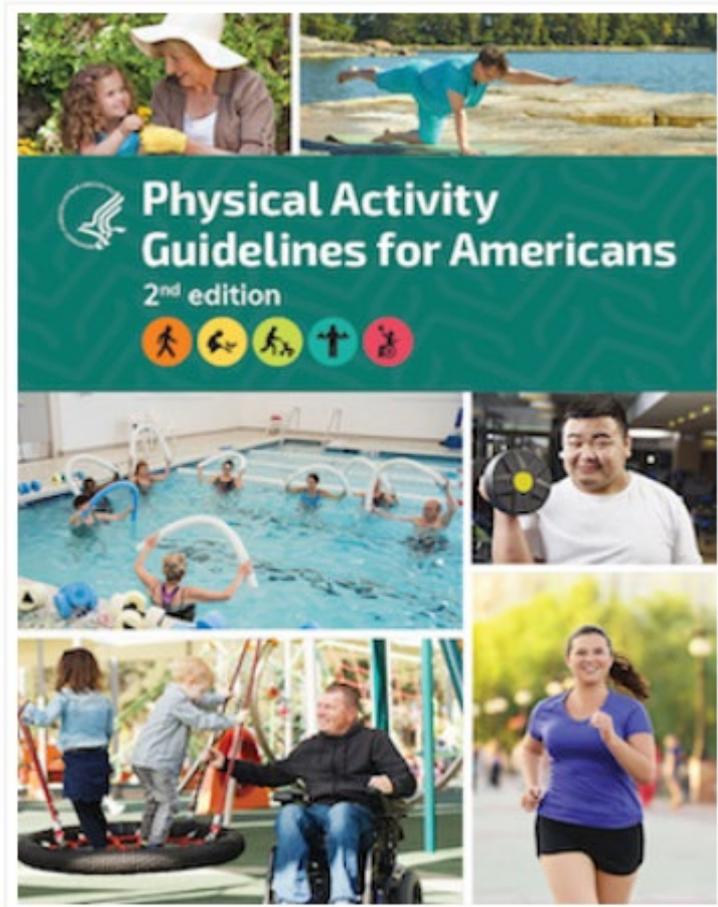
Source: [Eat Smart Move More North Carolina](http://EatSmartMoveMoreNorthCarolina.com)
[bit.ly/EatSmartNC]



Iowa Nutrition Network Physical Activity Updates



Updated Guidelines



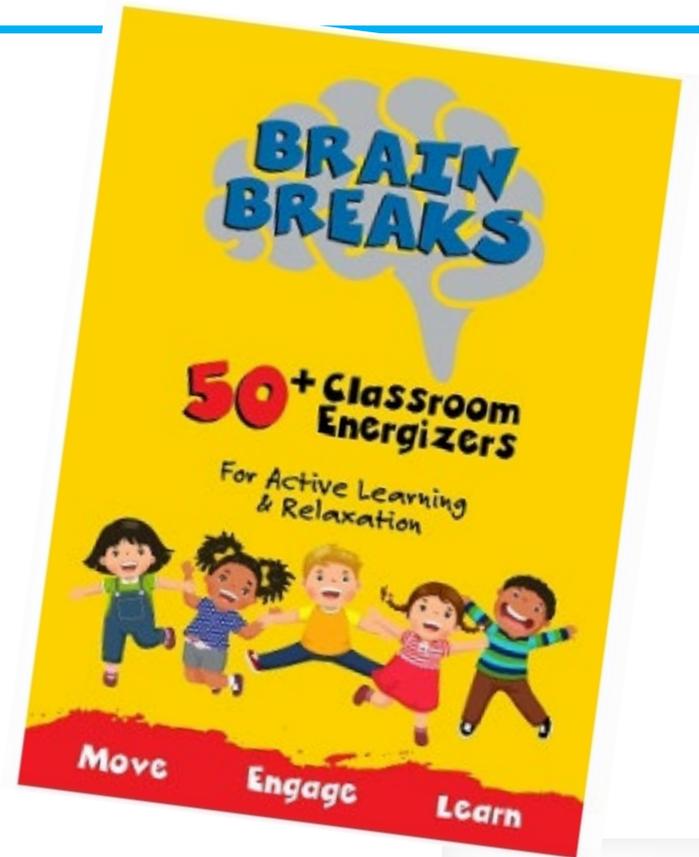
An advertisement featuring a photograph of an elderly woman with short white hair, wearing a light blue t-shirt, smiling. The background is a bright, sunny outdoor setting with green grass and trees. In the top right corner, there is a green box with the text 'MOVE YOUR WAY.' and icons of various people exercising. In the middle left, a dark green box contains the quote: "You know what gets me moving? Knowing how good I'll feel when I'm done." In the bottom right corner, there is a circular logo for the Department of Health and Human Services. At the bottom, a dark green banner contains the text: "You can feel the benefits of physical activity today." followed by three checkmarks and the phrases "Less stress", "Better mood", and "Better sleep".





Iowa Nutrition Network School Grant Program

- Brain Breaks: 50+ Classroom Energizers
- All INNSGP Contractors



PLAY YOUR WAY!

one hour a day!

- INNSGP + PSE
- Serve on school wellness committee
- Collaborate with physical education teacher
- Distribute and train teachers on break breaks
- Communicate accomplishments to parents
- Conduct school physical activity environment assessment

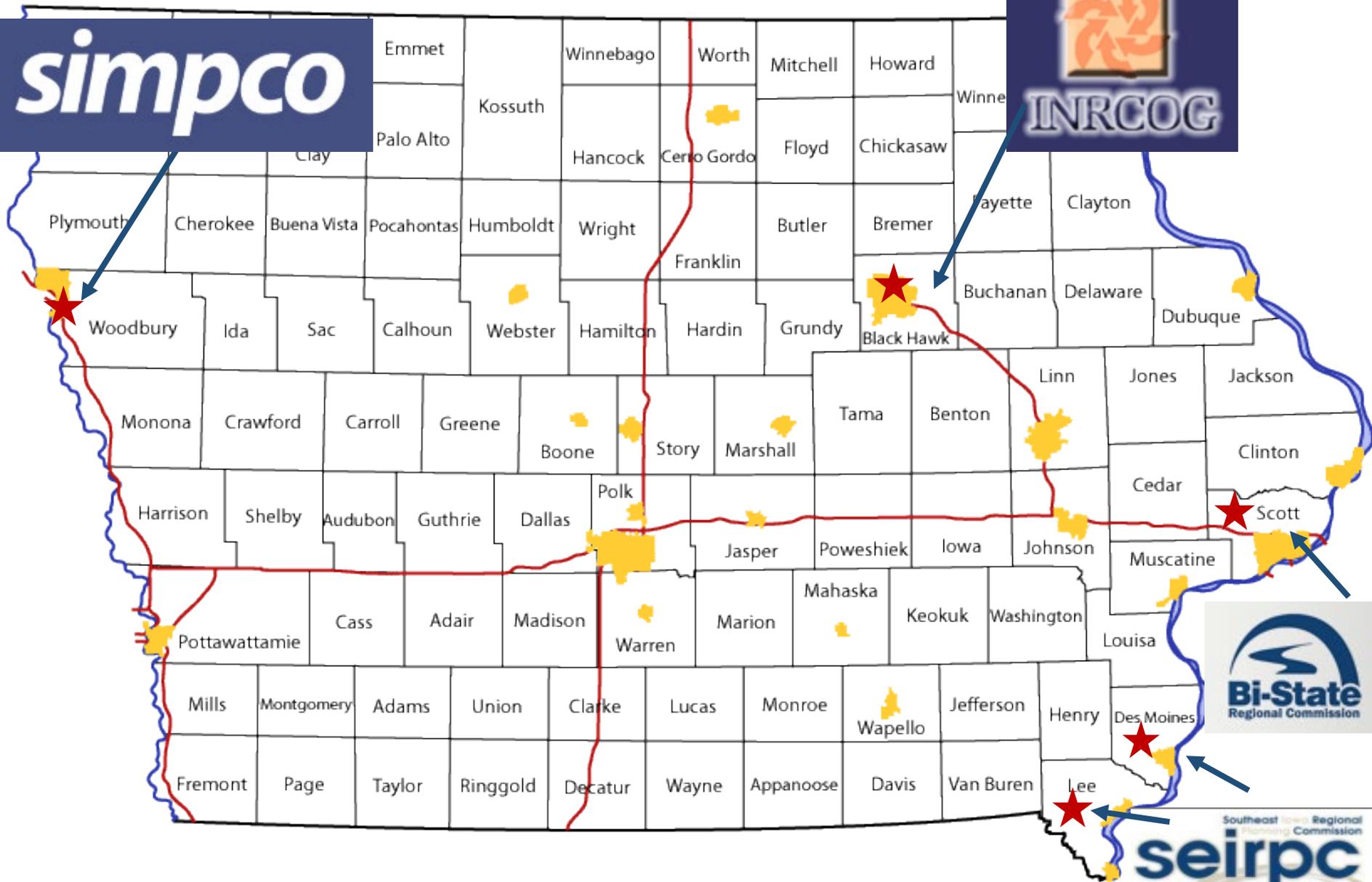


Physical Activity Access

- MPOs plan for the region and play a critical role in the allocation of transportation dollars
- Educate and provide assistance member municipalities



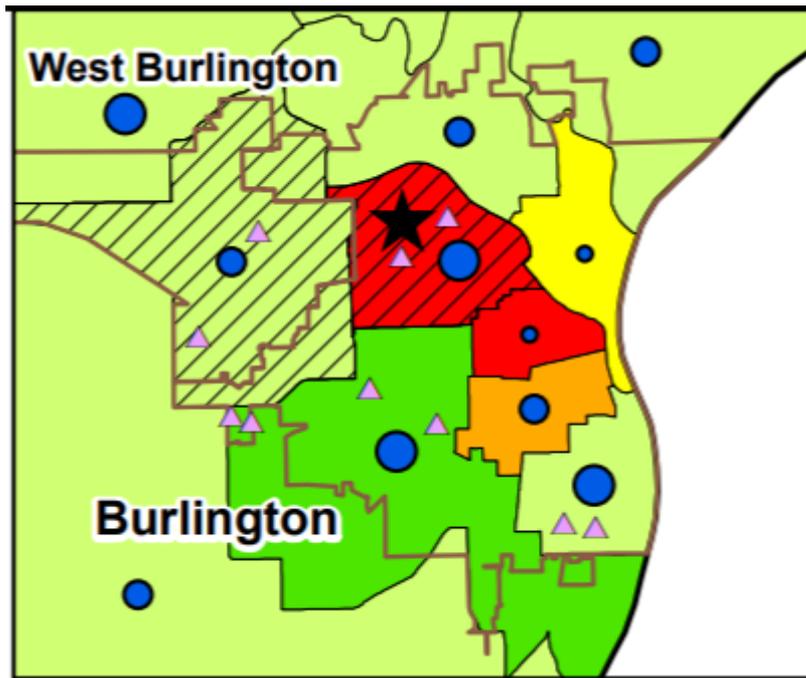
simpco



Physical Activity Access

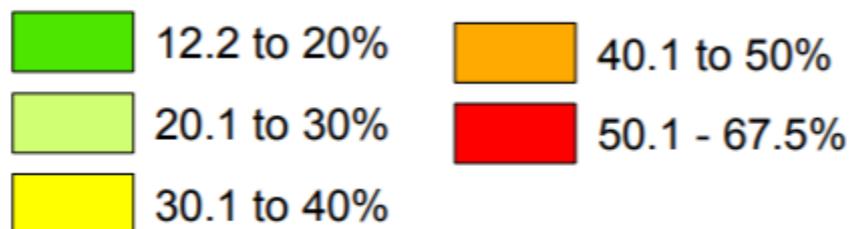
- FY19 – Getting Organized
 - Identifying 2-3 areas to work – mapping needs
 - Beginning to form partnerships
- FY20 – Beginning Implementation
 - Providing education and technical assistance to member cities
 - Provide information to senior site (meal, housing, etc.)
 - Collaborate with LPH on data collection
 - Develop a technical assistance/site-specific plan for improvements
 - Provide education to applicable groups on planned environmental changes
 - Explore regional MPO/RPA changes that could benefit the environments where seniors, low-income are living



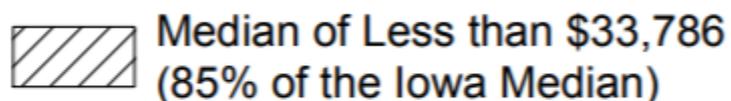


Legend

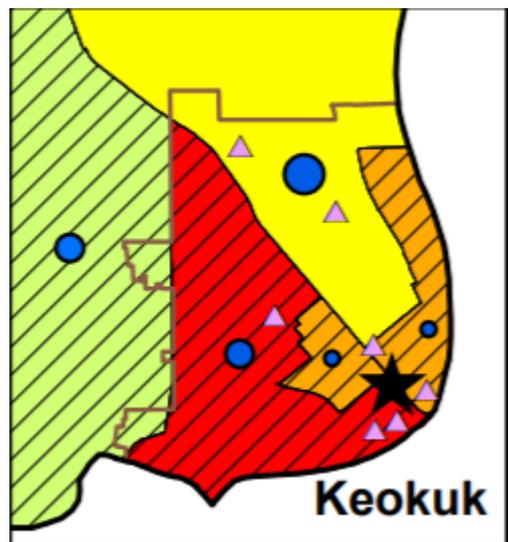
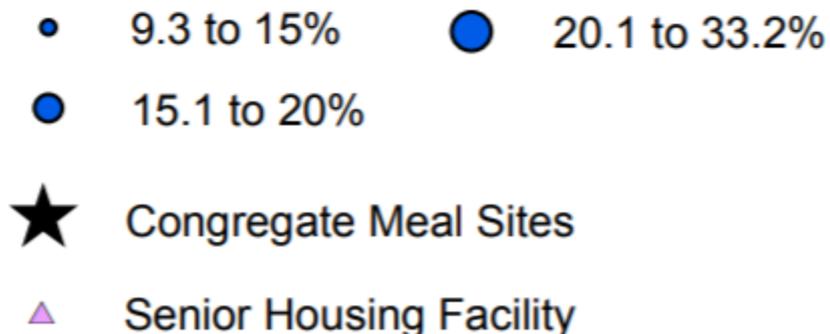
Individuals with Income Below 185% of Poverty Level (Percent by Census Tract)

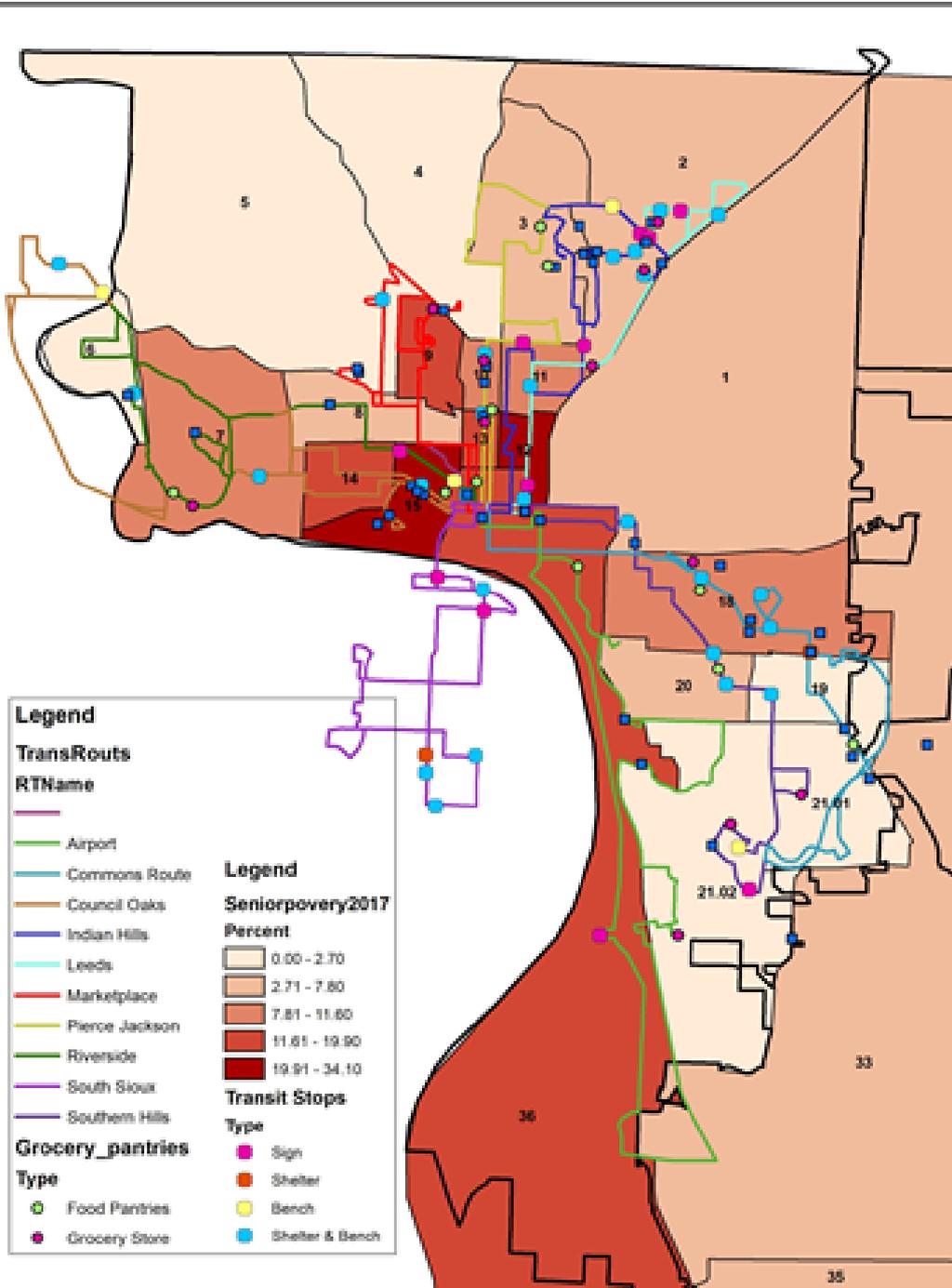


Median Household Income - Head of Household 65 or Older



Individuals Aged 65 and Over (Percent by Census Tract)





Questions?

Sarah Taylor Watts

Iowa Department of Public Health

515-242-6709

Sarah.taylorwatts@idph.iowa.gov

