



Reading - Smart Eating - Moving...Balance My Day!
A Workshop You Don't Want to Miss!

***Brought to you by Healthy Kids Challenge and a grant award from
United Methodist Health Ministry Fund***

Date: September 16th 2010

Time: 10:00am – 3:00pm, Registration begins at 9:30am

Location: Jay Johnson Public Library, 411 Main, Quinter, KS.

Lunch Plans: Provided - Enjoy a Taste of MyPyramid

Bring Along: A preschool book from your library

(It can have a nutrition or physical activity theme, such as *Blueberries for Sal* OR make it a bigger challenge and bring a favorite book even if a food/activity theme is not evident! Most characters move and/or eat! We'll use your books and work in teams to create read/eat/move teaching ideas. THEN, we'll provide you a copy of ALL the ideas generated from ALL 7 workshops!)

It's time to take action!!

Time to learn and play! Come and enjoy a one day regional workshop and take home new ideas and inspiration for incorporating healthy eating and movement into preschool reading programs. Those attending the workshop will receive approximately \$200 in teaching resources plus support from HKC during the coming year for adding nutrition messages and move & learn activities to your preschool programs.

According to the U.S. Pediatric Nutrition Surveillance System, pre-school children are getting heavier. In Kansas, the percentage of obese 2-4 year olds grew from 8.8% in 1998 to 12.6% in 2003 and 13.3% in 2008.

With the nation's attention on childhood obesity, the time is NOW for such a workshop! Even the Kansas Reads to Preschoolers featured book for 2010, *Up, Down, and Around*, is a focus on this topic! Libraries champion reading-smart eating-moving!

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- 10:00 am - 10:30 am The Color and Shape of a Healthy Picture**
Introduction to Healthy Kids Challenge and concepts
- 10:30 am - 10:45 am Color Your Own Healthy Practices**
A look at personal wellness and role modeling
- 10:45 am - 11:00 am Break Time - Active Play and Breakfast GO Power nibble**
- 11:00 am - 11:30 am A T.A.S.T.E. of Health**
Tools And Solutions That Educate!
- 11:30 am - 12:00 pm Paint a Healthy Picture with Reading**
Literacy, learning, eating, and moving IDEAS
- 12:00 pm - 1:00 pm Lunch onsite – A Taste of MyPyramid**
- 1:00 pm - 1:30 pm The Shape of Health**
Building skills with learning activities
- 1:30 pm - 2:15 pm Reading/Smart Eating/Moving TAKE ACTION!**
Idea and action plan writing
- 2:15 pm - 2:45 pm Hopping Down the Trail.....Healthy Trail that is!**
Active play and trail mix snack break
- 2:45 pm - 3:00 pm Q & A session, Balance My Day Next Steps**