

Walk, Run, Dance, Play: Tips to Get YOur Community Moving



EVENT PAGE:

<https://oneop.org/learn/160046/>

CONTINUING EDUCATION:

- Registered Dietitian Nutritionists, and Nutrition and Dietetic Technicians Registered from the Commission on Dietetic Registration
- Certified in Family & Consumer Sciences (CFCS) from the American Association of Family and Consumer Sciences (AAFCS)
- Certified Nutrition and Wellness Educator (CNWE) from the AAFCS
- Certificate of Attendance

ABOUT THIS WEBINAR:

Physical activity is vital to improving the health of people of all ages. The Physical Activity Guidelines for Americans provides evidence-based guidance to help Americans maintain or improve their health through physical activity, including recommendations for the amount and types of physical activity individuals need. The Move Your Way® campaign, released alongside the second edition of the Physical Activity Guidelines for Americans, aims to increase awareness and knowledge of the guidelines, increase physical activity self-efficacy, and ultimately change behavior. It includes over 80 free resources, such as posters, fact sheets, and videos, that are available in English and Spanish and tested with diverse audiences. Military service professionals and registered dietitian nutritionists can use campaign materials to disseminate clear, informative, and accessible physical activity messages. This presentation will offer an overview of the campaign, showcase where to find free materials, and share practical strategies to promote physical activity. Additionally, this presentation will feature an example from the field, highlighting how Fort Drum has promoted physical activity through their Women Warriors of the Mountain Foot March.

PRESENTERS:

Katie Costello, MPH
ORISE Communications Fellow,
Office of Disease Prevention
& Health Promotion, US
Department of Health & Human
Services

Malorie Polster, MPH, CHES
Physical Activity Advisor, Division
of Prevention Science, Office
of Disease Prevention & Health
Promotion, US Department of
Health & Human Services

COL Fenicia L. Jackson
Commander, 10th Division
Sustainment Brigade, Fort Drum