

Name: _____

School/Organization: _____

Address: _____ City, Zip: _____

Telephone: _____ Email: _____

Fee: **\$20** - Payment /Purchase Order must accompany all registrations.

VISA Mastercard Discover Enclosed is check payable to Wright State University

Purchase Order # _____ (please attach PO)

**Registration
Deadline
Oct. 2, 2006**

Card No. _____ Exp. Date _____ Name on Card _____

Four Easy Ways to Register

By Mail - Mail completed registration form with payment/PO to:

Wright State University
c/o Center for Healthy Communities
140 E. Monument Ave., Rm. 315
Dayton, OH 45402

By Fax - Complete form and fax to (937) 775-1110 with PO, or payment must follow fax.

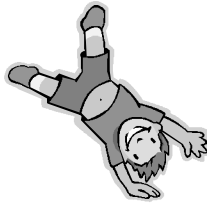
By Phone - Reserve your place immediately by calling (937) 775-1114, M-F, 8:30 a.m.-5:00 p.m. Eastern with credit card information.

By E-Mail - Send your registration information to chc@wright.edu followed by payment.

Seminar brochure and registration information can be found online at:

<http://www.med.wright.edu/chc/education/conferences.htm>

**Register by October 2, 2006
to reserve your spot!
Space is limited**

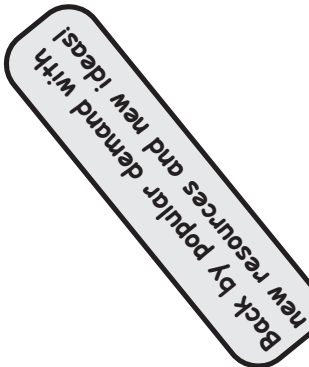


Please wear tennis shoes and play clothes to this seminar!

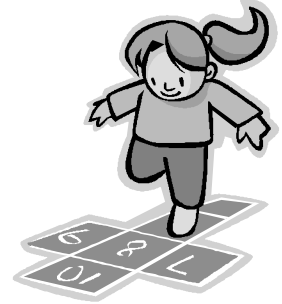
Program content is subject to change.

Funding support provided by:
American Lung Association of Ohio
Healthy Ohioans
Ohio Action for Healthy Kids
Ohio Department of Jobs & Family Services

Wright State University
Center for Healthy Communities
140 E. Monument Avenue, Rm. 315
Dayton, Ohio 45402



Active Kids, Healthy Kids: Fitness for Brain & Body



A new seminar focusing on physical activity and children

Who should attend?
Anyone who works with children:
after-school and childcare providers
physical education teachers
preschool & elementary school teachers

October 13, 2006

8:30 a.m. - 2:00 p.m.
James S. Trent Arena
3301 Shroyer Road
Kettering, Ohio 45429

Presented by:
Action for Healthy Kids
Wright State University,
Center for Healthy Communities
Kettering City Schools

Registration Deadline
October 2, 2006

About the Program

Activity professionals will demonstrate and share techniques for fostering activity among children using games and non-competitive sports.

Learning Objectives

At the end of the seminar, participants will be able to:

1. Describe ways to help children become responsible for their own fitness
2. Demonstrate age appropriate games and activities that increase children's physical activity
3. Identify the relationship between fitness and learning



A certificate of attendance will be provided.

Registration Fee - \$20

Registration fee includes seminar materials, lunch and refreshments. Each participant will receive free Physical Activity equipment to use in their program.

All registrations must be pre-paid, or PO received. **Registration fees will not be refunded for cancellations made after October 1, 2006.**

AGENDA



8:30 a.m. Registration

9:00 a.m. Welcome Activity
Keith Cosby

9:20 a.m. Keynote Address

Living the Active Life

George M. De Marco, Jr., Ed.D

Find out why it's so important to be active throughout one's lifetime; lifetime activity trends on the state and national levels will also be discussed.

9:45 a.m. Large group activities

Activity I

Brain Gym - Carla Brun

Movement is the key to learning. This session will review basic movement techniques useful for brain-body development and learning enhancement.

Activity II

Dynaband Dynamite - George De Marco and Committee

Creative, easy ways to use inexpensive stretchable dynabands in movement and exercise.

Activity III

Ribbon Rhythms - Charlene Leggs

Children can exercise their minds as well as their bodies using ribbon wands to create patterns of movement.

Activity IV

Creative Ways to Use Jump Ropes and Z-balls - Pam Watson

Through the use of all types of jump ropes and Z-Balls, participants will challenge themselves as they learn cooperative aerobic activities.

11:45 a.m. Lunch

12:15 p.m. Concurrent Sessions

Small groups will rotate through 3 concurrent sessions. Each session will last 25 minutes with 5 minutes allotted for rotating.

■ Juggling Jam - Becky Parr

Discover how rhythm activities can provide high levels of movement with low equipment requirements.

■ Taste of Health / Food Folks -

Deanna Putman

Learn how to make healthy snacks that will fuel kids for active play.

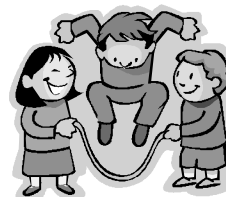
■ Beyond Four Square - Linda Madden

Does your class room or activity group need new ideas for play fun? This session will introduce group and partner games which are adaptable to outdoor or indoor settings.

1:45 p.m. Evaluations

2:00 p.m. Take-aways and Treats

For directions to Trent Arena go to:
<http://www.trentarena.com>



Program Presenters

Keith Cosby - Physical Education Teacher, Dayton Public Schools, Valerie Elementary

George M. De Marco, Jr., EdD - Associate Professor and Coordinator of Physical Education, Department of Health and Sport Science, University of Dayton

Carla Brun - Occupational Therapist, Dayton Public Schools

Charlene Leggs - Physical Education Teacher, Lincoln School for the Arts, Dayton Public Schools

Pam Watson - Physical Education Teacher, Kettering City Schools

Deanna Putman - Community Engagement Manager, Children's Hunger Alliance

Becky Parr - Physical Education Teacher, Kettering City Schools

Linda Madden, CPRP - Senior Recreation Supervisor, Washington Township Recreation Center

Program Planning Committee

Keith Cosby - Physical Education Teacher, Dayton Public Schools, Valerie Elementary
George M. De Marco, Jr., EdD - Associate Professor and Coordinator of Physical Education, Department of Health and Sport Science, University of Dayton
Carol Gill - Health Education Consultant, Ohio Department of Health
Annemarie Halfpap - Administrative Assistant, Center for Healthy Communities, Wright State University Boonshoft School of Medicine
Charlene Leggs - Physical Education Teacher, Lincoln School for the Arts, Dayton Public Schools
Kay Parent - Program Director, Health Promotion, Center for Healthy Communities, Wright State University Boonshoft School of Medicine
Deanna Putman - Community Engagement Manager, Children's Hunger Alliance
Pam Watson - Physical Education Teacher, Kettering City Schools