Ready for Recess: Changing Policy and Practice to Support Students’ Physical Activity

Tuesday, September 10, 2013
10:00 AM to 11:00 AM Pacific
1:00 PM to 2:00 PM Eastern

Welcome and thank you for joining our Web Forum!

Technical difficulties? Call 1-866-229-3239

Please complete the Post-Web Forum online evaluation. We need your feedback!

Recording and Slides will be available at www.Dialogue4Health.org
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
Polling Feature

Please

1. Choose your **answer**, then
2. Click **Submit**
POLL #1

Are you attending this Web Forum:

a. Individually
b. In a group of 2-5 people
c. In a group of 6-10 people
d. In a group of more than 10 people
Debbie Lou is the program analyst with Active Living Research, a national program of the Robert Wood Johnson Foundation. Debbie engages advocacy, policy, and community groups to develop opportunities for research translation and dissemination, especially to ensure the research meets the needs of communities at highest risk for childhood obesity.

Debbie is co-author of a research synthesis with Dr. Wendell Taylor titled “Do All Children Have Places to be Active?” This synthesis reviews evidence showing that lower-income people and racial and ethnic minorities often live in communities that discourage active living.

Website: www.activelivingresearch.org
Thank you to our presenters:

Aaron Beighle

Jennifer Huberty
POLL #2

Which of the following best describes your occupation? (please choose all that apply)

a. Principal  
b. Administrator  
c. Classroom Teacher  
d. PE teacher  
e. Recess leader (e.g. recess paraprofessional)  
f. Health practitioner (e.g. wellness coordinator; nurse)  
g. Parent  
h. Public health professional  
i. Other (please submit answer in Q&A)
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
Aaron Beighle, PhD
Associate Professor
Department of Kinesiology & Health Promotion
University of Kentucky

A former elementary physical education teacher, Aaron Beighle specializes in physical education and physical activity for youth. A faculty member at the University of Kentucky, he trains future physical educators and conducts research in the area of physical activity promotion for youth. Dr. Beighle has consulted with school districts, recreation programs, and youth sport organizations across the country in their efforts to maximize physical activity experiences and promote youth to be physically active for a lifetime.

Website:  http://education.uky.edu/KHP/
Jennifer Huberty is an associate professor at Arizona State University in the School of Nutrition and Health Promotion, Exercise and Wellness program. Her research interests include physical activity adherence and lifestyle behavior change in women and children. She is co-author of the book entitled, Designing Effective Physical Activity Interventions. Dr. Huberty is the founder and director of Fit Minded, an innovative physical activity adherence program for adult women.

Website: [http://healthpromotion.asu.edu/](http://healthpromotion.asu.edu/)
POLL #3

Please rate your level of knowledge regarding ways to maximize the amount of time kids spend in physical activity during recess:

a. Very knowledgeable
b. Somewhat knowledgeable
c. Not knowledgeable
d. Not sure
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists

Select a participant in the ask menu first and type your question here. There is a 256 character limit.
Thank you to our presenters:

Aaron Beighle

Jennifer Huberty
Thank you to our cosponsors:

Active Living Research
Public Health Institute
And the Dialogue4Health Staff!

Star
Tiffany

Joanna
Hathway
Ready for Recess: Changing Policy and Practice to Support Students’ Physical Activity

Tuesday, September 10, 2013

Thank you for joining our Web Forum!

The Recording and Slides will be available shortly at www.Dialogue4Health.org