



Children's Health
Impact Summit
October 6, 2014



Physical Activity

ACTION ITEMS

NEXT STEPS

1. Policy to mandate recess
2. Educational session for admins/teachers
3. Educate parents
4. Ensure parents/schools know what resources are available in community
5. Get student input in physical activity
6. Research poverty and physical activity
7. Work with Walk/Bike Nashville and community to help students walk or bike to school
8. Get teachers more active
9. Measurable activity goals in schools versus number of minutes
10. Partner with universities to bring in physical activity and nutrition programs
11. Work with universities to reach future teachers to teach about importance of physical activity and how to implement it.
12. Look at other districts for best practices
13. Structured pilot program in MNPS involving ES, MS and HS