



# Get Moving!

## Join us for a FREE *I am Moving, I am Learning* Training

### Attendees will receive:

- An energetic and fun learning experience
- New ideas to implement quality physical activity in the classroom
- Strategies to integrate physical movement into the center's daily routine
- Healthy nutrition ideas
- A flash drive of materials and resources

### Apply Online

<https://www.surveymonkey.com/r/IMIL2019>

#### SPACE IS LIMITED!

Preference will be given to programs who can demonstrate greatest impact and reach.

**Questions?** Please contact Jen Vinci at [Jennifer.vinci@ct.gov](mailto:Jennifer.vinci@ct.gov) or 860-509-7251



This training is being sponsored in part by CDC Cooperative Agreement DP18-1807.

I am Moving, I am Learning (IMIL) is a program created for and used by Head Start and child care agencies nationwide. It stresses the mind-body connection and the relationship between physical fitness and early learning. It is a proactive approach to addressing Connecticut's childhood obesity problem.

The goals of [IMIL](#) are to:

1. Increase the quantity of time spent in moderate to vigorous physical activity (MVPA) during daily routines to meet national guidelines for physical activity.
2. Improve the quality of structured movement experiences intentionally facilitated by adults.
3. Improve healthy nutrition choices every day.



**Dates:** May 29- 30, 2019  
**Time:** 8:30 a.m. to 3:30 p.m.  
**Where:** Tunxis Community College  
**Cost:** FREE  
**Who:** Early child care providers (up to two staff per org.)

This opportunity is sponsored by the Connecticut Department of Public Health (DPH), in collaboration with the Connecticut Head Start State Collaboration Office and the federal Office of Head Start's New England Training and Technical Assistance Network.

#### Children who play regularly:

- Achieve a healthier weight
- Develop stronger immune systems
- Have more active imaginations
- Have lower stress levels
- Play more creativity
- Have greater respect for themselves
- Learn better