PHYSICAL DEVELOPMENT AND HEALTH: HEALTH KNOWLEDGE AND PRACTICE

RESOURCES: HIGHLIGHTS FROM ECLKC

<table>
<thead>
<tr>
<th>TITLE OF RESOURCE</th>
<th>TYPE OF RESOURCE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am Moving, I am Learning</td>
<td>Video</td>
<td>Management staff, teaching teams, and parents can learn about a proactive approach for addressing childhood obesity by increasing daily physical activity, improving the quality of movement activities, and promoting healthy food choices every day.</td>
</tr>
<tr>
<td></td>
<td>Research Tool</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Website</td>
<td></td>
</tr>
</tbody>
</table>

REFERENCES FOR EVIDENCE-BASED PRACTICES


