

## Why Physical Activity Should Be On Your Meeting Agenda

Including physical activity as a part of meetings, conferences, and classes makes a major difference for leaders and attendees alike. By integrating physical activity into the training day, presenters and participants are able to stay energized and to be more productive. Here are three important reasons to plan for an active training day:

### 1. Meeting Smarter: Maximize brain power for learning.

Physical activity is as good for the brain as it is for the body. Adding a few activity breaks into a long training day helps participants focus and maximizes their opportunities to absorb the concepts you are teaching.

### 2. Blend Fun and Fitness: Showcase the benefits of physical activity.

A critical part of teaching healthy lifestyles is motivating people to get moving and keep moving. A few fun activities interspersed throughout a sedentary day can go a long way toward demonstrating the power and ease of enjoyable physical activity.

### 3. Lead by Example: Role model for lifelong healthy habits.

Learners of all ages are always watching to see if teachers are leading by example. Model healthy habits by enjoying an activity together. Participants will have fun and get tips for being active every day.

### Trainer's Tip

**Reinforce fitness messages with physical activity.**

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

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Institute of Child Nutrition. (2023). *Why physical activity should be on your meeting agenda*. University, MS: Author.

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