



**Course includes Certificate & Professional Development Hours**

*Individual, School, and District options available through online learning platform*



**Pedometers as a Tool to Increase Physical Activity.**



**The Research on Successful Pedometer Programs with Children.**



**Motivating Children to Move.**

**Topics covered in the training.**

How much exercise is enough?

The research and benefits of walking programs with children.

What motivational tools work when using pedometers?

Pedometers 101- Teaching children to use pedometers