

Pedometer Walking Program Training



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

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

**Motivating Children
to Move**

- 1. How much Exercise is Enough?**
- 2. The Research and Benefits of Walking Programs with Children**
- 3. What Motivational Tools Work When Using Pedometers?**
- 4. Pedometers 101- Teaching Children to Use Pedometers**

Course includes Certificate & Professional Development Hours

Individual, School and District options available through online learning platform

officestaff@peacefulplaygrounds.com 951-245-6970 www.peacefulplaygrounds.com