

# No to Low Cost Ways to Promote Physical Activity *in the Childcare Setting*



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This project was funded by a Team Nutrition grant from the United States Department of Agriculture. This card set supports the Iowa Team Nutrition grant objective to provide fun and interactive physical activity for children, teachers, parents, and other caregivers by showcasing low to no cost equipment and activity ideas. The “Junk Equipment” cards were prepared by Ripley Marston, Professor of Health, Physical Education and Leisure Services at the University of Northern Iowa. The “Pavement Paintings” cards were prepared by Carrie Scheidel, M.P.H., Iowa Department of Education. The “Stories in Motion” were prepared by Jennifer Neal, Iowa Department of Education. This set is a supplement to the existing Iowa Team Nutrition Setting the Stage cards that promote nutrition and physical activity.

To view the existing cards visit: <http://www.iowa.gov/educate/>

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