

Adelaide Metro PHYSICAL ACTIVITY SEMINAR

FREE!

Attn: EDUCATORS & CARERS OF 0-5 Year olds

Want interactive ideas for physical activity and healthy eating in early childhood settings, home environment and the community?

- ~ Explore the evidence underpinning the recently released 0-5 year old National Physical Activity Recommendations
- ~ Practical strategies that offer relevant opportunities to promote active and healthy living in the community and homes
- ~ Identify ways to apply the 0-5 y.o. national physical activity recommendations/guidelines within your setting/home environment
- ~ Resources/Websites – explore useful websites & resources to support active & healthy living (eg. Go for 2&5)-You will also be provided with a resource goodie bag to implement new ideas
- ~ Food labeling - understanding and interpreting food labels, tips for healthy eating
- ~ Choice of sessions to ensure relevance & support for your background

Target Groups

This seminar will be most relevant for you if you are involved with 0-5 year olds specifically:

Educators
Parents
Health Professionals
Family health nurses
Hospitals workers
Library workers
Early Childhood consultants
Community development coordinators
Occupational Therapist
Physiotherapist

Keynote Speaker:
Professor Jo Salmon,
Deakin University

Date: 7th July 2011

Time: 2pm - 5pm
(Specific session for parents,
2-3pm)

Venue: Adelaide Crows
Function Centre, West
Lakes

Cost: Free
(Supported by SA Health)



Register your interest now!
a detailed program will be released shortly!

Coordinated By



Call the ACHPER (SA) Office on 8363 5700 or

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Funded by SA Health



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The Australian Council for Health Physical Education and Recreation