

SCHOOL OF EDUCATION & PROFESSIONAL STUDIES

Disciplined Inquiry in Education Seminar Series

November 3, 2021/Noon-1:00 p.m.

Literacy Center Balcony

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Physical Activity & Health: An evidence- based approach to practical interventions

Abstract: Physical activity is a lifestyle behavior that reduces risk associated with some of our nation's largest health challenges. What is physical activity? How much do we really need? This interactive presentation examines the health factors related to physical activity, introduces national guidelines and recommendations, and provides evidence-based strategies to increase daily movement.

