

## NCAEYC Wellness Way Webinar featuring Be Active Kids

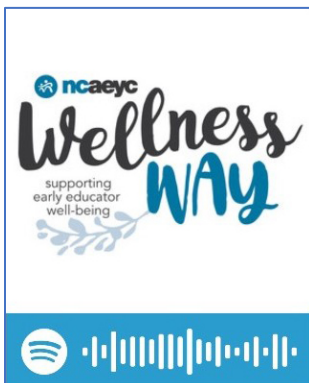
**Healthy Active Me...Healthy Active We:  
Putting an Emphasis on Physical Activity  
and Well-being during Difficult Times**

[Recording of April 15, 2020 webinar](#)

Join the staff of Be Active Kids to discover how physical activity can impact our overall well-being. Learn to build a daily routine grounded in physical activity to help build resilience of body, mind and emotions. It is especially important to create opportunities for regular physical activity for grown-ups and children as we face uncertainty and challenges of COVID-19. Daily physical activity is essential to help early childhood educators, parents, and caregivers stay healthy and strong. Connect with our presenters as they provide a foundation for the needs around appropriate physical activity as a means to developing the whole-self; Share positive moments and observations of individual and social play in a time of social distancing and shelter in place; Learn more about available resources to staying active and healthy. Led by Richard Rairigh and Evie Houtz and sponsored by the Blue Cross and Blue Shield of North Carolina Foundation.

Richard is the Director of Be Active Kids, a signature program of the Blue Cross and Blue Shield of North Carolina Foundation. Richard received his Master of Science degree at West Virginia University in Physical Education Teacher Education with a concentration in Motor Development and Motor Learning, and then pursued doctoral work at the University of South Carolina. After the University of South Carolina, he worked at Meredith College in the Department of Health, Exercise, and Sports Science. Rich is co-chair of the Children and Nature Coalition, Founder of the Active Play Alliance, and Shape NC Design & Implementation Team member.

Evie is the Program Specialist for Be Active Kid and works to coordinate and manage the NC Active Play Alliance initiatives (PlayDaze, PlayPods, and PlayMobile). Evie holds a Certificate in Public Health, a Master's in Exercise Physiology. She feels her best education has been through the playful experiences she has had with her own children using loose parts.



<http://ncaeyc.org/listen-to-our-wellness-way-spotify-playlist/>

Here's a very special playlist to make early educators and children smile, breathe, relax, stretch and be inspired!

We are using Spotify to share this playlist—a free account is easy to set up on any device so you can access four hours of great music. From our web link or the Spotify app tune into "NCAEYC Wellness Way" to access the playlist. Enjoy!

## Resources List by Be Active Kids

# BE ACTIVE KIDS®

**Be Active Kids Website**  
[www.beactivekids.org](http://www.beactivekids.org)

## Health Strides for Child Care Providers Physical Activity Section

**GO for 21**

- Before you begin 21 Simple Strides, record your steps or activity time daily for 3 days (D1, D2, & D3).
- If using a pedometer, use Formula A on the same page. Find your daily average. If you are not using a pedometer but using activity time, use Formula B.
- Set a daily goal or use one provided below. Gradually increase your steps or activity time everyday to reach your ultimate goal by the 21st day.

| Day     | Date      | Number of Steps | Activity Time | Activity        |
|---------|-----------|-----------------|---------------|-----------------|
| example | 6/22/2020 | 1400            | 15 min        | Walking at work |
| D1      |           |                 |               |                 |
| D2      |           |                 |               |                 |
| D3      |           |                 |               |                 |
| 1       |           |                 |               |                 |
| 2       |           |                 |               |                 |
| 3       |           |                 |               |                 |
| 4       |           |                 |               |                 |
| 5       |           |                 |               |                 |
| 6       |           |                 |               |                 |
| 7       |           |                 |               |                 |
| 8       |           |                 |               |                 |
| 9       |           |                 |               |                 |
| 10      |           |                 |               |                 |
| 11      |           |                 |               |                 |
| 12      |           |                 |               |                 |
| 13      |           |                 |               |                 |
| 14      |           |                 |               |                 |
| 15      |           |                 |               |                 |
| 16      |           |                 |               |                 |
| 17      |           |                 |               |                 |
| 18      |           |                 |               |                 |
| 19      |           |                 |               |                 |
| 20      |           |                 |               |                 |
| 21      |           |                 |               |                 |

**GO for 21 FORMULAS**

**Formula A: Determining the number of STEPS you need to increase each day to meet your goal.**

$$\frac{\text{Goal} - \text{Start}}{\text{Days} - 1} = \text{Daily Increase}$$

Finding daily average steps:  $\frac{5329}{3} = 1776$  (Daily average)  
 Finding number of steps you will need to increase:  $10000 - 1776 = 8224$  (Total steps needed)  
 $\frac{8224}{20} = 411.2$  (Daily increase)

**Example A:**  
 Finding daily average steps:  $\frac{5329}{3} = 1776$   
 Finding number of steps you will need to increase:  $10000 - 1776 = 8224$   
 $\frac{8224}{20} = 411.2$  steps

**Formula B: Determining the number of MINUTES you need to increase each day to meet your goal.**

$$\frac{\text{Goal} - \text{Start}}{\text{Days} - 1} = \text{Daily Increase}$$

Finding daily average minutes:  $\frac{70}{3} = 23.33$  (Daily average)  
 Finding number of minutes you will need to increase:  $60 - 23.33 = 36.67$  (Total minutes needed)  
 $\frac{36.67}{20} = 1.83$  (Daily increase)

**Example B:**  
 Finding daily average minutes:  $\frac{70}{3} = 23.33$   
 Finding number of minutes you will need to increase:  $60 - 23.33 = 36.67$  minutes

**ABOUT US**

**IMPROVING**  
 We're committed to improving physical activity and nutrition practices in CC, child care centers, schools, and homes.

**PROVIDING**  
 We're committed to providing the best physical activity and nutrition resources and professional development across North Carolina.

**CONNECTING**  
 We're committed to developing and maintaining strong relationships around children's health.

**Blue Cross and Blue Shield of North Carolina FOUNDATION**

**BLUE CROSS AND BLUE SHIELD OF NORTH CAROLINA FOUNDATION'S BE ACTIVE KIDS**

## Be Active with Blue Campaign

## Go for 21 Challenge 21 day personal physical activity challenge to create healthy habits

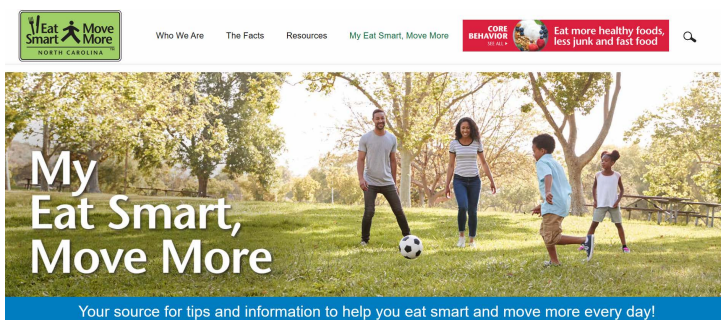


## Join the Be Active Kids Network



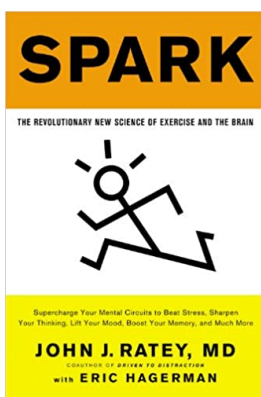
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## Additional Resources to Support Active Living



### Eat Smart Move More North Carolina - [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)

Eat Smart, Move More NC is a statewide movement promoting opportunities for healthy eating and physical activity wherever people live, learn, earn, play, and pray. Eat Smart, Move More North Carolina is guided by the work of the Eat Smart, Move More Members, a multi-disciplinary team composed of statewide partners working together to increase opportunities for healthy eating and physical activity. Visit My Eat Smart Move More as your source for tips and information to help you eat smart and move more every day!



### Spark: The Revolutionary New Science of Exercise and the Brain

By John Ratey, MD

In Spark, John J. Ratey, M.D., embarks upon a fascinating and entertaining journey through the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's.

## Virtual Exercise Classes and Workouts

- **Planet Fitness** - Tune into the “no judgment” gym’s Facebook page every day at 6 p.m. for a free live 20-minutes-or-fewer “work in” led by personal trainers, and even special guests.
- **Core Power Yoga** - The studio has put together a collection of free classes available anytime, on demand
- **YMCA 360** - This new online community from The Y offers a variety of free, on-demand group exercise classes, like barre, yoga, weightlifting, and programs for seniors and kids. You do not have to be a member to participate.

For more online options check out this article by the [Chicago Tribune](#).

## Printable Workouts

- **The Water Bottle Workout** - This resource provided 7 strength training activities you can do using a milk jug.

## Recent Research

- **COVID-19: Exercise may protect against deadly complication** [[news](#)] [[article](#)]