



Join Florida's Office of Early Learning and Florida's
Family Child Care and Center-based Providers
In the

**Let's Move! Child Care Challenge at
www.HealthyKidsHealthyFuture.Org**

Get FREE resources and training.

5 Easy and Quick Steps

1. Go to: www.HealthyKidsHealthyFuture.Org
2. Sign up
3. Take Quizzes
4. Get FREE Resources:
 - o FREE Checklists
 - o FREE Tools
 - o FREE Training
 - o FREE Action Plans
5. Receive a Recognition Certificate Signed by the First Lady

Let's Move! Child Care Goals (from infancy through preschool)



1. Increase Physical Activity



2. Reduce Screen Time



3. Improve Food Choices



4. Provide Healthy Beverages



5. Support Infant Feeding

To get motivated: Watch the "Move Your Body" video with Beyonce' and the First Lady
http://www.youtube.com/watch?v=PyxcTU_yJm8&feature=youtu.be



For more information and to register for Let's Move! Child Care Challenge, visit
www.HealthyKidsHealthyFuture.Org