

One Step At a Time: Helping Young Children Be Physically Active!—Bright Futures Obesity Prevention Training for Child Care Providers, is a series of three online modules designed to help child care providers working in local programs promote children's physical activity. The curriculum is available free of charge at <http://www.brightfutures.org/one-step>.

The curriculum

- Discusses why it's important for young children to be physically active
- Explains how much physical activity children need
- Describes how child care providers can promote physical activity in child care programs
- Describes adults' role, especially parents', in promoting physical activity
- Provides ideas that child care providers can share with parents to help their child be physically active

It also includes

- Examples of fun, age-appropriate physical activities
- Key points to reinforce module content
- Colorful photographs and illustrations
- Additional resources for child care providers and parents
- And much more!

The curriculum was produced by Katrina Holt, M.P.H., M.S., R.D., Georgetown University. Development of the curriculum was supported by a grant from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, to the University of Tennessee, Knoxville, Department of Nutrition.