



## Transcript from March 9, 2010 to March 10, 2010

All times are Pacific Time

March 9, 2010

- 1:16 pm fitcityindy: Imagine that--it's time for another #indyfitchat. Join us tonight at 6:30pm ET. Find out about wellness activities in #IPS schools.
- 4:24 pm lisavielee: RT @fitcityindy: It's time for another #indyfitchat. Join us tonight at 6:30pm ET. Find out about wellness activities in #IPS schools.
- 11:10 pm fitcityindy: The March 9 #indyfitchat about IPS/school wellness will begin in 20 minutes. Feel free to snooze us (but we hope you do join!)
- 11:13 pm lisavielee: RT @fitcityindy: The 3/9 #indyfitchat about IPS/school wellness will begin in 20 minutes.
- 11:30 pm fitcityindy: Welcome to the Let's Move edition of the #indyfitchat with IPS Wellness Administrator Audrey Satterblom
- 11:30 pm fitcityindy: If you are joining, introduce yourself and be sure to add #indyfitchat to your tweets
- 11:31 pm fitcityindy: #indyfitchat guest Audrey is a physical education teacher and now administrator for IPS' system wide wellness plan & assessment
- 11:32 pm fitcityindy: Audrey isn't on twitter but she's sitting with @fitcityindy tonight for #indyfitchat: feel free to ask questions and I'll pass them along
- 11:33 pm fitcityindy: Follow #indyfitchat live on TweetGrid Search. We're about to get started - <http://tweetgrid.com/search?q=%23indyfitchat>
- 11:35 pm fitcityindy: #indyfitchat Q1: Audrey, what is a school wellness coordinator exactly?
- 11:36 pm fitcityindy: IPS focuses on whole child education. My job is to look at areas outside academics like nutrition, physical activity, etc. #indyfitchat
- 11:37 pm fitcityindy: School wellness coordinators also help with movement in the classroom - active body, active brain! #indyfitchat
- 11:39 pm fitcityindy: Mrs. Obama recently launched Let's Move campaign (<http://bit.ly/bqa6jz>) but IPS has been planning school wellness since 2005 #indyfitchat
- 11:40 pm fitcityindy: Q2: Audrey, what are the five concepts behind IPS' Wellness policy? #indyfitchat
- 11:40 pm fitcityindy: The first is assessment. IPS gathers info. on BMI, muscle strength, endurance, flexibility and cardio 2X/year. #indyfitchat
- 11:41 pm fitcityindy: BMI stands for body mass index, an indicator of the % of body fat a person has. #indyfitchat (<http://bit.ly/aRI2rt> for BMI calculator)
- 11:42 pm fitcityindy: IPS' goal is to see where we are improving and how many kids are at risk and need more assistance. #indyfitchat
- 11:43 pm lisavielee: RT @fitcityindy: Q2: Audrey, what are the five concepts behind IPS' Wellness policy? #indyfitchat
- 11:44 pm fitcityindy: Other school districts in Indianapolis should be applying the same concept of assessment #indyfitchat

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11:45 fitcityindy: Second IPS wellness concept is getting better food in schools #indyfitchat

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11:46 fitcityindy: Anything in IPS vending machines during school day ? ½ has to have nutritional value or the machine has to be OFF. #indyfitchat

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11:47 fitcityindy: During lunch time, there is no food sold outside cafeteria. Nothing competes with school lunches. #indyfitchat

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11:48 fitcityindy: There used to be hot chips, candy bars and sodas sold during lunch and that was stopped in IPS schools two years ago! #indyfitchat

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11:50 fitcityindy: Third IPS wellness concept is providing more physical activity vs. the PE we as parents grew up with #indyfitchat

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11:52 fitcityindy: One program at IPS: IUPUI students run fitness centers in middle school, high school to improve activity. <http://bit.ly/cldaJn> #indyfitchat

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11:53 fitcityindy: BONUS! Anyone can be a Fitt for Life member at Manual, Howe or Washington for \$20 a year (IPS employees are free) #indyfitchat

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11:53 lisavielee: RT @fitcityindy: Anyone can be a Fitt for Life member at Manual, Howe or Washington for \$20/year (IPS employees are free) #indyfitchat

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11:54 fitcityindy: Fourth, IPS tries to offer ?brain breaks? for kids during the day. Let them be active every 20 ? 30 minutes #indyfitchat

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11:55 fitcityindy: Final concept of our IPS wellness policy is nutrition education, for kids, parents and teachers/staff #indyfitchat

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11:55 Flourish\_Girl: Audrey, SO good to hear no more chips/candy bars/sodas sold during lunches. Way to go! #indyfitchat

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11:56 fitcityindy: Here is the IPS wellness mission statement: <http://bit.ly/dt5nCU> #indyfitchat

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11:56 Flourish\_Girl: WOW-- "brain breaks?" Wish they did that at work! How does that work? #indyfitchat

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11:58 fitcityindy: @Flourish\_Girl Brain breaks can be as easy as standing and stretching, doing squats, active games. #indyfitchat

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March 10, 2010

fitcityindy: Here is a good brain break website: <http://bit.ly/8ZhohX> Lots of good research based ideas. #indyfitchat

12:02 am

fitcityindy: Here is another brain break website: <http://bit.ly/cVVgj3> that can be used in schools #indyfitchat

12:04 am

fitcityindy: Are there any other questions/comments for Audrey about school wellness or general school PE? #indyfitchat

12:06 am

fitcityindy: #indyfitchat Q4: Audrey, can you talk a little about PE 4 Life at TC Howe Academy?

12:08 am

fitcityindy: PE4Life is a nat'l program for quality PE. IPS was chosen as a model district because of our high-tech active programs. #indyfitchat

12:08 am

Flourish\_Girl: Will check out the website-- thanks Audrey! #indyfitchat

12:08 am

fitcityindy: Our main PE4Life goal is to teach kids to be more active for their entire lifetime. #indyfitchat

12:09 am

fitcityindy: IPS also teaches other school districts how to get their kids active for a lifetime, so more kids (and families) win! #indyfitchat

- 12:12 am fitcityindy: @TheNewU4Life IPS partners with some providers already. It is best to start with one classroom/school & build a pilot program. #indyfitchat
- 12:12 am fitcityindy: @TheNewU4Life Funding is always the issue! #indyfitchat
- 12:14 am fitcityindy: #indyfitchat Q5: What can parents do to learn more about school wellness? #indyfitchat
- 12:15 am fitcityindy: Advocate for change. Ask to read your school's wellness policy. Attend a PE class with your child. See what "new PE" is about! #indyfitchat
- 12:16 am fitcityindy: We don't just play dodgeball in PE class all the time. Or run the mile. We teach lifetime fitness activities. #indyfitchat
- 12:17 am fitcityindy: @TheNewU4Life A pilot program = testing a program in one class before going district wide. #indyfitchat
- 12:19 am fitcityindy: RT @TheNewU4Life: Try to attend school meetings, evaluate the child & parents on a regular basis #indyfitchat
- 12:19 am fitcityindy: Wellness policies are often underfunded or unfunded. Need advocates within school to help keep it moving. #indyfitchat
- 12:21 am fitcityindy: Know the state's Physical Education standards too to be good advocate for lifetime health approach - <http://bit.ly/djazFg> - #indyfitchat
- 12:25 am fitcityindy: Our #indyfitchat time is up for tonight. Thank you Audrey for sharing what IPS is doing with its wellness policy and some great info.
- 12:26 am fitcityindy: You also can find out how to get your school involved in the Let's Move plan at <http://bit.ly/ckHre7> #indyfitchat