



## SUGGESTED SUPPLEMENTAL TRAINING AND RESOURCE MATERIALS:

The National Association for Sport and Physical Education's "Active Start - A Statement of Physical Activity Guidelines for Children from Birth to Five Years", is an excellent resource for childcare providers! Physical activity guidelines for children ages birth through five are shared and are an excellent supplement to the training materials in the A-B-C-1-2-3 Healthy Kids in Tennessee: Let's Eat Well, Play, and Be Aware Every Day program.

To order a copy, contact one of the following:

Shape America, Society of Health and Physical Educators  
1-800-213-7193 or Online Store: (800) 832-0034

The direct link for this publication is:

<https://www.shapeamerica.org/standards/guidelines/activestart.aspx>

