

2011 Physical Activity Consultants



Meet the 2011 Head Start Body Start Physical Activity Consultants.

Head Start Body Start is a joint project of the American Association for Physical Activity and Recreation (AAPAR) and the National Association for Sport and Physical Education (NASPE).

Funding for Head Start Body Start is provided by the Office of Head Start Administration for Children and Families, U.S. Department of Health and Human Services.

We're excited to share the talents and knowledge of our Physical Activity Consultants with Head Start programs across the country. Where geographically available, HSBS matches a consultant with one of our Play Space Grant Award Winners. The consultants help center staff learn how to improve the quality and quantity of physical activity, while teaching them how to incorporate movement across the curriculum. Consultants also gather data for our project evaluation.

Our consulting team are AAPAR and NASPE members, and are experts in physical activity with experience in early childhood education and movement as well as other related fields. So what are you waiting for? Meet this year's dynamic team!

ALABAMA

Kristi S. Menear

Dr. Menear's professional background is in special education and adapted physical education. She has practitioner experience as an early interventionist and in K-12 public education. As an associate professor in a teacher education program, she trains special education teachers and physical education teachers to work with students who have disabilities. Kristi has consulted with Alabama's public schools and other school systems nationwide to address the needs of the students and the physical educators regarding physical education for students with disabilities. She is currently conducting research to address the documented occurrence of inactivity and obesity in individuals with autism spectrum disorders.

Leslie Thorn

Leslie is an elementary physical education teacher at Forest Hills Elementary School. She has been teaching 14 years and has teaching experience in grades K-8. She has a Bachelors and Masters Degree in Physical Education from the University of North Alabama, and she has coached volleyball, basketball and softball. She is married and has 4 children. Leslie's school was selected to be a Physical Education Center for the state of Alabama in 2002. She was voted teacher of the year for Forest Hills in 2000 and 2004, and was selected as the 2004-2005 elementary teacher of the year for Florence City Schools. In 2005 she was nominated for the Disney Teacher Award Program. In December 2006 she received her National Board Certification and the following summer served as a Master teacher with the State Department of Education, where she helped develop the K-8 physical education curriculum for the state. Leslie was also the ASHPERD Elementary Physical Ed. Teacher of the Year (2008) and the Jump Rope for Heart Coordinator of the Year (2009). She is currently serving as District 7 representative for the Alabama State Association for Health, Physical Education, Recreation and Dance.

ARKANSAS

Britney Finley

Britney graduated from Harding University with a major in Kinesiology. She received an Arkansas Teaching License certifying her to teach physical education, health, and wellness in grades P-12. Upon graduation, Britney worked as a lecturer at the University of Arkansas at Little Rock and began her Master's in Liberal Studies with an emphasis in Physical and Health Education. She completed her Master's thesis on the effectiveness of quality physical education programs at a local elementary school, while focusing her research on the obesity epidemic in young children. She has been an instructor in the Department of Health Sciences since 2004, where she teaches a variety of physical education and health education courses designed for future physical and health educators. Britney graduated in December 2010 with a Doctorate in Higher Education. Her dissertation research investigated the effectiveness of general health education courses on college students' health interest, knowledge, and behaviors. She is passionate about children who suffer from the symptoms of being overweight and is excited to facilitate young children in developing a movement-based lifestyle.

ARIZONA

Elisa Busby

Elisa Busby is a physical education specialist at Drachman K-6 Montessori Magnet School in Tucson, Arizona. Elisa received her Masters at the University of Arizona, Tucson and her B.S. from Arizona State University, Tempe. She has had the pleasure of working with children and young children as a dance educator and as a physical educator in both the private and public sector. While at Drachman, Elisa has been able to collaborate with pre-school teachers of at-risk and special needs students and outdoor learning teachers to provide multiple active learning opportunities for students. As a Physical Activity Consultant, Elisa is looking forward to working with pre-school students and their teachers as she is passionate about the need for and benefits of physical activity.

CALIFORNIA

Dr. Laura de Ghetaldi

Dr. de Ghetaldi is on the faculty for the Department of Kinesiology at California State University San Marcos. Prior to this, she lectured at the University of Colorado, Boulder for 16 years. She is a past Colorado CAHPERD President and a past Board Member of California CAHPERD. She has presented

nationally and internationally on “School Violence” and “Conflict Resolution” and is also very active helping in the fight against the childhood obesity epidemic. Dr. de Ghetaldi lectures in the areas of Health and Drug Education, Physical Education-Pedagogy, Adapted Physical Education and Sports Nutrition. She has taught K-12 and at the University level. This is her 37th year of teaching.

Carrie Flint

Carrie is a graduate of California Lutheran University with a BA in Physical Education, with concentrations in Elementary PE and Recreation. She received her teaching credential in Physical Education from Cal State Dominguez Hills and her supplemental Adapted Physical Education credential from Cal State Long Beach. She currently has 40% contract as an Adapted and Elementary Physical Educator in Lawndale, CA, teaching preschool through 8th grade adapted physical education. Carrie also works with the general education population as a consultant. In addition to Lawndale Elementary School District, she works as a consultant, presenter, and trainer for Peaceful Playgrounds, LACOE (Los Angeles County of Education) as well as independently. Carrie was a member of the California State Curriculum Framework Committee in 2006 and is currently on the committee to revise the California Adapted Physical Education Guidelines. In 2006, along with Monica Lizarraga-Papke, Carrie was awarded the Exemplary Adapted Physical Education Program in California. Carrie is an experienced presenter on adapted and elementary physical education. She has presented at the CAHPERD State, AAHPERD National, California Wellness, Bureau of Education & Research, and CAEYC conferences in addition to numerous school district in-services. She is an active member of CAHPERD and AAHPERD.

Bernadette Garcia-Roger

Bernadette has been a fitness professional for over 25 years. She began her career working with adults at the Downtown Berkeley YMCA, but found her love for working with preschoolers during a five year stint with the University of California Cooperative Extension. At UCCE, Bernadette initiated the Nutrition Education and Training Academy where she developed and implemented the nutrition and physical activity curriculum for the Early Childhood Education Department of Oakland Unified School District. She became a part-time SPARK Early Childhood Trainer in 2003, and in 2006 became a full-time trainer in New York City where she led over 150 workshops and trained over 4,000 preschool teachers. Bernadette has presented at a number of conferences: CAEYC, 2005; CACFP: Healthy Kids Start Here Conference, 2005; CocoKids Early Learning Happens Here Conference, 2006; NHSA Parent Conference, 2006; The Northern California Early Childhood Education Conference, 2008 and 2009; and The San Francisco Childhood Obesity Conference, 2010. Bernadette earned her BS in Nutrition/Dietetics and a BA in Human Biodynamics (Exercise Science/Physiology) from the University of California Berkeley.

Connie Guzman-Rojas

Connie's interest in nutrition and physical activity movement began in 1998 at Sonoma County Public Health as a Public Health Assistant. In the latter part of 1998 she relocated to Yolo County and continued her work as a WIC (*Women, Infants and Children*) Nutrition Assistant for the Yolo County Health Department's WIC Program. In 2005 she was given the opportunity to work under the Network for a Healthy California and Child Health and Disability Prevention Program grant where she contributed her knowledge and experience to the development of the ***Healthy Lifestyles*** nutrition and physical activity curriculum for families. Connie's continued work as an Outreach Specialist/Project Coordinator under the Network for a Healthy California Program includes developing trainings, staff development, employee wellness, parent/child workshops, and community events targeting the low income population. She sits on the Yolo County Office of Education Head Start Policy Council, Head Start/Migrant Head Start Health Advisory Committee and Local Community and Regional Network Collaboratives. In addition, she has been contracted by private child care centers for developing service plans and program goals in the area of nutrition and physical activity.

Mariah Martin

Mariah has a Master of Public Health, and a Graduate Certificate in Maternal and Child Health. As a former special education preschool teacher, she has seen active play help young children grow and learn leaps and bounds. She has trained staff in publicly-funded childcare programs and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) clinics to lead fun, engaging physical activity and play. Mariah believes that if we teach young children to be active today, we can build generations of healthy children and families in the years to come.

Andrea Metzker

Andrea is a professor at California State Polytechnic University, Pomona in the Kinesiology and Health Promotion Department. She teaches future teachers how to teach gymnastics, self-defense, health, motor

development, swimming and fitness classes. Andrea has a passion for helping children learn movement skills and fight obesity. She will be enjoying her second year with Head Start Body Start.

Hiba Shublak

Hiba is a creative movement, dance and physical education expert who has been in the industry for over 16 years. She specializes in designing and employing developmentally appropriate, non-competitive, motor skill movement activities and dance programs for children and adults. Hiba provides innovative educational modules for teachers, children and families. Using movement as a catalyst, physical education, dance and fitness are taught within, or as an adjunct to an academic curriculum incorporating math and literacy concepts throughout. This learning approach energizes and motivates children in a fun filled, non-competitive environment. The result is to encourage and teach teachers, children and their families to move and learn, and to have fun doing it.

April Walker

April is a member of the adjunct faculty at Brandman University and Yosemite College District, where she teaches Physical Education, Health, Child Development and Psychology. She is also a workshop facilitator for stress reduction for preschool teachers, for new ways of helping children with behavior problems, and for exercise with children. April has her Child Development Director Credential in the State of California, and her profession affiliations include the American Alliance for Health, Physical Education, Recreation and Dance, the Yoga Alliance (Yoga Teacher RYT200), and the American Council on Exercise (Group Exercise).

COLORADO

Jill Cordova

Dr. Cordova currently is the Head of the Department of Kinesiology at Mesa State College located in Grand Junction, Colorado. She has been at Mesa State College since 1992. She has a baccalaureate degree in Health and Physical Education from Humboldt State University, a Masters degree in Education from Humboldt State University, and a Ph.D. in Health and Physical Education from the University of New Mexico. Dr. Cordova started her education career in 1985 as a pre-school teacher and swim instructor for individuals with disabilities. Since then, she has continued to teach children and adults of all ages. Her specialties include physical activities, fitness, and wellness for all ages and capabilities.

Joseph D. Culhane

Joseph is a Certified Rolfer with an active Structural Integration practice in Fort Collins, Colorado. He received his doctorate in 2004 from the University of Northern Colorado in Exercise and Sport Science, Sport Pedagogy. For 15 years Joseph taught in public schools (K-12) and higher education in physical education, adapted physical education (APE), special education and as a physical education teacher education (PETE) instructor.

Megan Babkes Stellino

Megan is a Professor of Social Psychology of Sport and Physical Activity in the School of Sport and Exercise Science at the University of Northern Colorado (UNC). She received her B.A. in Psychology from the University of Washington, M.S. in Exercise Science from the University of Oregon, and Ed.D. from UNC. She also completed a post-doctoral research fellowship at UCLA in social psychology and at the International Center for Talent Development before returning to UNC as a professor. She teaches undergraduate and graduate courses in sociology and psychology of sport and physical activity, including a personal favorite focused on the topic of motivation. She also teaches undergraduate motor learning and motor development. One area of Megan's research aims to understand the psychological and social predictors of children's free-time physical activity in an effort to reduce childhood obesity and to create more opportunities for youth to benefit from physical activity. A former collegiate gymnast and certified group fitness instructor, she currently enjoys skiing, hiking, and other physical activities with her husband and two boys (5 yrs and 2yrs) as well as scrapbooking and reading the occasional historical fiction novel.

CONNECTICUT

Nancy A Belliveau

Nancy has twenty-four years of experience working in the early childhood field for a corporate child care center. Currently she is the co-director of a nationally accredited child care center who is working with

staff, children and families of the toddler/preschool programs. She received her Master of Education degree from Johnson & Wales University, with a concentration in Early Childhood Administration and Leadership. Nancy also holds two certifications in the area of playground safety. She is a Certified Early Childhood Outdoor Play Inspector through the National Program for Playground Safety, as well as a Certified Playground Safety Inspector through the National Recreation and Park Association's National Playground Safety Institute.

FLORIDA

Terri Braun

Terri is the founder and president of Kidokinetics, a unique and dynamic all around sports fitness program developed to help children enhance their coordination, concentration, and fine/gross motor skills in a fun and non-competitive environment. As a 3rd Degree Black belt in traditional Shotokan Karate, she has competed in the national and international Karate arena. She represented the USA in the 2001 Maccabiah Games in Israel and also represented the South African national team. However, Terri's true passion lies with children. She has been around sports for most of her life and this has provided her with an opportunity to develop a program that emphasizes the importance of physical fitness to children. In addition to over 20 years of training and teaching experience in Karate, she has completed the Early Childhood Teaching Course through the Montessori School of London. The unique Kidokinetics program incorporates knowledge obtained through her experience as a sports teacher at various early childhood centers as well as instructing children in both private and group situations in movement and coordination development. She has 3 children of her own, who provide some of the inspiration and motivation behind her drive to make her program a success. She is dedicated to not only raising her own children, but to providing the gift of fitness to all children. Kidokinetics is currently offered at over 80 locations in South Florida.

Luisa Meyer

Originally from Caracas, Venezuela, Luisa has been teaching Physical Education for the past 29 years. She has had the opportunity of working in bilingual schools, international schools, and in public schools. Her students have ranged from 2 to 18 years of age, but it is the younger children who have captured her passion for teaching physical education the most. Luisa has a Bachelors Degree in Physical Education from Instituto Universitario Pedagogico de Caracas, and a Masters Degree in Elementary Education from The College of New Jersey. Together with numerous workshops and conventions, her education has provided her with a strong foundation as a physical education teacher. Learning, though, has never stopped, as Luisa learns everyday from her students, colleagues, forums, and other means available. A member of AAHPERD and NASPE for almost a decade, she has proudly contributed her talents by translating the HSBS monthly physical activity calendars and parent letters into Spanish. Luisa is excited to be a HSBS Physical Activity consultant, and believes that by planting the seeds of the love for physical activity in our young children, we will allow them to harvest a healthy and active lifestyle in the future.

Thomas Ratliffe

Dr. Ratliffe is an Associate Professor in the School of Teacher Education at Florida State University in Tallahassee, Florida. He has taught Elementary Physical Education for 7 years, including experience teaching movement activities to preschool children. He has taught undergraduate and graduate courses in the physical education teacher education program at Florida State University for 20 years. His areas of interest are children's physical education, teacher education, and fitness education. He and his wife co-authored the text, "Teaching Children Fitness: Becoming a Master Teacher". His published articles have appeared in the *Teaching Elementary Physical Education*, the *Journal of Teaching in Physical Education*, and *The Physical Educator*.

GEORGIA

Otis L. Jackson

Otis is a Health and Physical Education educator with over 25 years of experience instructing health, nutritional and fitness activities. He currently operates Maroti Sports, Health and Wellness, the goal of which is to inform and educate others on the benefits of healthy living. Otis has directed and led activities such as AHA's Jump Rope For Heart, NRMS's Hot Feet In Action Walking Program, and ACS's Relay For Life. He is an active wellness consultant who regularly speaks on topics of healthy living. Otis is also an experienced high school and collegiate level sports official.

IDAHO

Amy Holmes

Amy has a BA in Sociology from CSU Chico. She moved to Boise, Idaho in July 2007, and thereafter began working in the Head Start program. She has served as a Family Advocate and Center Supervisor, and she is currently the Health and Nutrition Coordinator. Over the past few years Amy has discovered her passion for movement and early child development, and last summer she received her CDA. She also works part time as a trainer at the local YMCA and has done a variety of volunteer work and fundraising for the Leukemia and Lymphoma Society. Amy has been trained on *I am Moving, I am Learning* and is currently working to implement more movement throughout her Head Start program with children, families and staff. She has completed four marathons, including the Boston Marathon.

ILLINOIS

Enid Chesler

Enid is retired from Chicago Public Schools, where she was a physical educator for more than 30 years in all grades, including early childhood through secondary. She has a strong background in special education and knows sign language. During her tenure she was involved in Special Olympics, the After School Program, and First Tee programs. She has also achieved National Board Certified teacher status and was awarded the Suave Performance Plus Award in 2004 as one of the top 30 high school teachers in Chicago. She has also been awarded several Oppenheimer creative teacher and First Tee grants. Currently Enid is employed as a SPARK trainer and resides in Chicago. Her hobbies include golfing, skiing and biking.

Lauri DeRuiter-Willems

Lauri is an instructor in the Department of Health Studies at Eastern Illinois University, where she regularly teaches Health Promotion and Marketing as well as Health Concepts for Teachers. She received her Bachelor of Science degree in Physical Education from Eastern Illinois University, and her Masters of Science degree in Health/Fitness Management & Marketing from the University of North Texas. She is near completion of the requirements to sit for the dietetics registration exam. Lauri spent many years working in corporate and community wellness in Dallas and Chicago before returning to her hometown. As an active member in her local school district's wellness committee, Lauri continues to promote healthy living, physical activity and wellness. She also speaks to organizations and at teacher institute in service-trainings regarding ways to increase physical activity in the classroom and to encourage students and faculty to make more nutritious food choices. One of her goals is to help others find easy ways to incorporate more healthful choices into their daily lives and into their classrooms.

Cody McSellers-McCray

Cody has worked in the health and fitness industry for nine years, specializing in areas of rehabilitation, obesity prevention, corporate fitness, group exercise, personal training, and adolescent female health. Currently, she is the Director of Health Promotions for the Westside Health Authority in the Austin Community of Chicago, where she oversees health initiatives focused on nutrition education, physical activity, social services for pregnant women, and breast cancer awareness. For several years, Cody served as the Sports, Recreation, and Fitness Supervisor for the Chicago Park District (CPD). At the CPD, she collaborated with a variety of community organizations to deliver health and wellness programs. During her tenure she was involved in piloting the GoGirlGo! program into Chicago parks and schools. Cody has a background in Public Health with an emphasis in Health Promotion. She earned her Bachelor's Degree in Kinesiology with an emphasis in Athletic Training from Northern Illinois University (NIU) in DeKalb. Post graduation, Cody earned her Masters of Public Health degree from NIU. She is also certified by The National Commission for Health Education Credentialing (NCHEC) as a Community Health Education Specialist (CHES), and she also holds certifications as a Pilates, Yoga, and Safe Exercise Leader via the Exercise Safety Association (ESA).

Kim Walker-Smith

Kim is a K-8 physical education teacher and the Director of the Jr. Gamma Phi Circus at Thomas Metcalf Laboratory School at Illinois State University in Normal, Illinois. Over her academic career, she has been active in various capacities with physical education and physical fitness. Before coming to Thomas Metcalf four years ago, she was an Instructional Assistant professor in the Physical Education Teacher Education program for the Kinesiology and Recreation Department at ISU. Kim has presented at the national, state and local conventions for the past 13 years in physical education, and she currently holds

memberships in the American Association of Physical Education, Recreation and Dance and the Illinois Association of Physical Education Recreation and Dance. Kim has devoted her professional life in teaching others to enjoy being physically active for a lifetime.

INDIANA

Jane Elgin

After graduating from Purdue University focusing on Child Development and Family Studies, Jane has been teaching, directing and mentoring since 1995. She has taught with Migrant Head Start in Indiana, assisting children and families as they work their way from harvest to harvest. In Milwaukee, Wisconsin, she taught at an independent cooperative school with Head Start using High/Scope methodology. In the Boston area, Jane taught with Head Start in a classroom in which English was predominately spoken as a second language, using Creative Curriculum. In Indiana, she taught with the University of Southern Indiana using a Reggio Emilia inspired approach. She accepted a director position of a large licensed center in Indiana, having a vision that child cares *could* offer children a natural, relaxed and lovely environment to spend their early years. Jane's proudest achievement was designing an infant outdoor space that offered a variety of physical opportunities, but which was made entirely out of living landscaping for the infants to explore. As an early childhood mentor, she works to improve the quality of early care and education through on-site consultations and group trainings. Her graduate studies are focused on lifespan development, with an emphasis on creating nature-connected experiences for young children.

IOWA

Ken Daley

Ken is the Associate Professor and Department Head of Exercise and Sport Science at Maharishi University of Management, as well as the Executive Director of the Iowa Association for Health, Physical Education, Recreation and Dance (IAHPERD). He is also the Executive Director for Jefferson County Wellness Coalition, which has been awarded more than \$250,000 over the last 3 years. Ken is the co-chair of the Educational Settings Workgroup for Iowans Fit For Life. For over 40 years he has actively taught pre-school developmentally appropriate gymnastics to children.

KANSAS

Teresa Leslie-Canty

Teresa has a bachelor's and master's degree in education, and she currently teaches at the University of Kansas in the Afrika and Afrikan American Studies Department. Prior to this, she gained experience in working and teaching young people, birth through 12th grade. For three and a half years, Teresa worked as a parent educator for Parents As Teachers. She has taught preschool as well. Her passion lies in education and making sure that all students have what they need academically to succeed. She serves as a mentor in her community and has formed an organization called the Circle of Women, which addresses some of the needs of young girls ages 14-18 years of age.

Kim A. Morrissey

Kim has been teaching for 28 years, most of which has been at the elementary level. She has taught middle school students and coached at the high school level as well. She is also currently on her ninth year of teaching Health and Physical Education Methods to education majors at the collegiate level, in addition to responsibilities at her elementary school. Kim has a B.A. in Physical Education and an M.Ed in Sports Administration. She is a Red Cross certified CPR and First Aid instructor, and she provides certifications for local district employees. She also teaches swim lessons during the summer and is a Girl Scout leader. Kim's school and Physical Education program have been recognized as a Model School by the Kansas Association of Health, Physical Education, Recreation and Dance, and both have applied for recognition as a STAR school through AAHPERD. She has had the opportunity to work with Pre-Kindergarten students at two different schools during her career, and has enjoyed the experiences that they have discovered together. Her school district does not require that Pre-K students receive Physical Education, however she has found that it is a significant part of their development both academically and physically.

KENTUCKY

Michelle Gerken

Dr. Gerken is an associate professor at Eastern Kentucky University in the Department of Recreation and Park Administration. She has taught for 21 years and has experience working with a wide variety of populations, ranging from preschool children to geriatrics. Currently, she is working with preschool children with disabilities and at-risk youth.

Carla Vidoni

Dr. Vidoni is an assistant professor at the University of Louisville, Kentucky. She was a preschool and elementary physical education teacher for ten years before receiving her Master's in Education from the University of Nebraska in 2002 and her Ph.D. from the Ohio State University in 2005. Dr. Vidoni currently teaches elementary methods in physical education and motor development. Her research interests are fair play behaviors in physical education and physical activity during early childhood.

Sharon E. Whitlock

Dr. Whitlock is an Assistant Professor at Western Kentucky University in the Department of Kinesiology, Recreation and Sport. She has been a physical educator for 25 years, and has taught and worked with all age groups from elementary to adult aged persons. She currently teaches in her Physical Education Teacher Education (PETE) program and prepares students for careers as teachers of physical activity. Dr. Whitlock believes her experiences as an assistant professor of physical education, a supervisor of students teaching physical education, and a researcher of physical education position her to assist Head Start programs in creating healthy learning environments, both in and outside the classroom, through structured and unstructured physical activity that leads to the physical, cognitive, social and emotional development of young children.

MAINE

Lisa Vaupel

Lisa has taught physical education for 11 years, including 3 years at the preschool level and 3 years at the university level. She has currently returned from teaching physical education for ages 2-11 this past year at Etonhouse International School in Dongguan, P.R. China. Lisa has also lived as a counselor/teacher at a therapeutic wilderness camp with teenagers for 2 years. She enjoys camping, backpacking, reading and baking. Her two most remembered activities are completing the Grand Canyon double crossing in one day and finishing the Colorado Trail.

MARYLAND

Carin Clingan

Carin graduated from Ithaca College with a B.S. in exercise science and two minors in coaching and sports studies. She started working with young children when she was 13 years old as a Water Safety Instructor. She also worked with Special Olympics as a swim coach. From there Carin went on to become a lifeguard, and while in college became an assistant modified swim coach. After graduation she became a cheerleading coach as well as a substitute teacher, working with middle and high school age groups. She is currently teaching gymnastics, working with ages 20 months-18 years.

Alyse Taddei

This will be Alyse's second year working with HSBS as a Physical Activity Consultant. She is currently a substitute teacher for the Baltimore County Public Schools, looking for a full time Health and Physical Education teaching position. Alyse is committed to teaching children how to enjoy being active and maintaining a healthy lifestyle.

MASSACHUSETTS

Kerri Sheppard

Kerri has been sharing her love and passion for movement with children and adults for over 14 years. Throughout her career, she has been an elementary physical educator, parent/child educator, adventure specialist and coach. As an elementary physical educator, Kerri has had the opportunity to develop and design creative, quality, and developmentally appropriate movement education programs that both support fundamental skill acquisition and encourage the natural inclination of exploration in young children. Woven throughout all her experiences has been her commitment to ensuring that children, of all ages and abilities, are afforded the right to play, move and learn. Kerri currently teaches physical education at Amherst Montessori School in Amherst, MA, and provides adventure programming for individuals with disabilities as a program leader for All Out Adventures in Easthampton, MA.

Gary Nihan

Gary has worked as a public educator for 36 years, serving as both a teacher of physical education and administrator at the elementary and secondary levels. He retired as of June 30, 2011 as the Director of Health, Physical Education, and Nursing Services for the Danvers Public Schools. Gary has presented at both the state and national levels, and he has been interviewed on the topic by the Boston Globe and Parent Magazine. Gary is currently working toward a Doctoral degree in Education at Northeastern University.

MICHIGAN

Julie Ehle

Julie is an Area Coordinator with Mid Michigan Community Action, Early Childhood Services 3-5. In this role, she leads classroom teams providing all aspects of preschool education, including Head Start and Great Start Readiness Programs. Julie is a qualified early childhood educator, holding degrees from Northern Michigan University and Michigan State University. Before joining MMCA in 2004, Julie spent 20 years working in a diverse range of programs including Head Start, Lab Preschool and Perimeter American School in Changhwa, Taiwan. After a successful career in the classroom setting, Julie now focuses on teaching others how to achieve the same success. In addition to her current position with MMCA, Julie's varied background and experience with young children and their families provided the perfect foundation for her work as an Early Childhood Education instructor and student organization advisor at Mid Michigan Community College. She is also a conference presenter in the mid-Michigan area. Passionate about *I Am Moving, I Am Learning* and its possibilities, Julie looks forward to supporting HSBS grant recipients in her position as a Physical Activity Consultant. Julie lives in Harrison, Michigan with her family. Most summer weekends, she can be found trying to lower her handicap on the golf course.

Ingrid Johnson

This is Ingrid's second year as a HSBS Physical Activity Consultant, and she absolutely loves working with the early childhood teachers and students. She has two daughters, ages 11 and 6, and is currently working at Grand Valley State University as an Assistant Professor of Movement Science, teaching physical education pedagogy courses. Ingrid has been a teacher, at all grade levels, for 18 years.

Joe Zelmanski

Joe has been a middle school, junior high, and high school educator since earning his Bachelor's degree in HPERD from SUNY at Buffalo. His responsibilities have included coaching sports teams as well as serving as a school club sponsor, building Athletic Director, PE Curriculum Coordinator, and Assistant Principal. Joe continued his post graduate work at Wayne State University in Detroit, Michigan. He is a Veteran of the USAR serving from 1972 - 1978. He is currently employed by Rochester Community Schools as a Wellness and Physical Education instructor.

MINNESOTA

Debra Johansen

Debra is now in her 4th decade of teaching and was born in International Falls, Minnesota, one of the cold spots in the nation. Debra graduated from Falls High School in 1972 and St. Cloud State University in 1977, with teaching degrees in special education and physical education. She has a master's degree in education from St. Mary's University in MN, and she began her teaching career in St. Cloud, where she

continues to teach today. Debra taught for 7 years in a classroom with children with significant cognitive/physical disabilities. In 1983, after completing her adapted PE certification, Debra had the privilege of developing and teaching in the adapted physical education program in the St. Cloud School District. Much of her teaching career has involved early childhood education. She thoroughly enjoys working with children at the beginning of their educational journey and delights to see the smiles on their faces as they experience new activities and succeed in learning new skills. She has also been the development director of a nonprofit organization, ARISE (A Recreational Inclusion Support Endeavor) for 20 years, which is an organization that assists children with disabilities in accessing and participating in recreational/leisure activities with their peers. Debra is the humble recipient of national awards from The Arc and NEA for her work with ARISE, and she was the Central District Teacher of the Year in Adapted PE (2009). Faith, family, and friends are her priorities, and her personal philosophy in working with children, especially those with disabilities, is to never say "never." Her favorite quote: "3/4 of the word can't is CAN." Debra believes every child can succeed and deserves the chance to try.

MISSISSIPPI

Yolanda Franklin

Yolanda is a product of Head Start. She attended and transitioned from St. Luke A.M.E. Head Start in 1976. She is both a Physical Activity Consultant and an *I am Moving, I am Learning* facilitator. She began her employment with a Head Start program by coordinating services for Mental Health/Disability. Currently, Yolanda is employed with Moore Community House Early Head Start as the Health/Safety/Nutrition Coordinator. She is a certified Early Childhood Outdoor Play Inspector. She is also very active in her local community, serving on the board of the Boys and Girls Club of the Gulf Coast and as a community volunteer for Gulf Coast Women's Center for Non-Violence. In addition, she is a member of Gulf Coast Health Educators Childhood Obesity Task Force and is a Biloxi Excel by Five Coalition member.

MISSOURI

Nancy Bailey

Nancy is a PE4life Director and health/PE teacher for Kansas City 33 School District. She currently took early retirement from Kansas City, Missouri School District. For last 8 years, she has served the KCMUSD in many capacities. Since graduating from the University of Iowa, Nancy has taught students physical education for all grade levels, including: educational gymnastics coach for children ages 3-5; Director of Kinderkat Motor Development Program, a movement education class for children 2-5 and parents designed with Dr. Linda Carson's Kinderskills program; project director for Kansas City 33 School District 2003 PEP Grant to enhance physical education resources for grades K-2; project director for Kansas City 33 School District 2007 PEP Grant to increase moderate to vigorous physical activity for students grades K-12. Her professional interests combine with the special activity opportunities that Kansas City Metro, her two sons Zac and Tommy, and her canine daughter "Sadie" provide for her. When she is not working, Nancy loves playing with the neighborhood children and her flower garden.

Tommi Rogers

Tommi has been working with preschool children for more than 22 years. She has a degree in Early Childhood Education and is certified at Level TWO through the Early Childhood Music and Movement Association (ECMMA). Since 1998 she has been the Preprimary Music and Movement Specialist and the KDG/1st Grade Bodily Kinesthetic Specialist at New City School in St. Louis, Missouri. In addition to working summer camps at New City School, Tommi is an Early Childhood Creative Movement camp instructor for the Center of Creative Arts (COCA). She is an active member of ECMMA, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and the St. Louis Chapter of the American Orff-Schulwerk Association (AOSA). She is also an Assistant Daisy Girl Scout Leader. Tommi has presented workshops to Early Childhood educators on "Looking At Sensory Integration-Incorporating More Movement into the Classroom". She is passionate about sharing her knowledge with parents and educators on the importance of movement in young children. She brings her passion, energy and love for children everywhere she goes.

NEW MEXICO

Darlene Arango

Darlene was raised with five sisters and three brothers. She belongs to a generation whose parents made them play outside until the streetlights came on. A love for movement, skill development, play and recreation was established almost at birth. She coached many youth sports and helped coordinate a sports camp for 8-12 year old boys and girls, in which the directors made one sport available every morning and one carryover recreation activity available in the afternoon. The activities met the needs of all children involved, those who were competitive and others who desired skill development and activity for a lifetime. In 1973 Darlene took a Child Growth and Development course, the details of which continue to burn in her mind. Her passion for helping infants and young children develop physical skills, thereby building health, cognition, self esteem and a lifestyle that will build quality of life for a lifetime, was kindled and continues to grow as she sees the evidence before her when she teaches physical education to young children at her elementary school. She has taught physical education at the elementary school level for ten years, and her curriculum exposes students to a variety of skills, manipulatives and activities.

NEW YORK

Mirko Cavar

Mirko has been a teacher, administrator and coach in the New York City private school system for 35 years. He grew up in Croatia where he fell in love with sports, eventually focusing on soccer at the young age of 8-years old. Mirko studied Mechanical Engineering at the University of Sarajevo and went on to study Civil Engineering at Columbia University. He continued his education in the Movement Sciences Department at Teachers College, Columbia University where he earned his M.A. and M.Ed. in Curriculum Design. During his engineering years, Mirko concentrated on the economy of movement and improving working conditions. At Teachers College, Mirko was able to create a personalized program consisting of Curriculum Design, Special Education and Dance. He is continuously focused on the qualities of human movement (Origin – Application – Economy). Mirko continued his association with Teachers College and served for 10 years as a Field Associate, training young teachers in preparation for NY State Certification. Upon finishing his studies, Mirko was hired to design physical education and athletic programs at Trevor Day School, a progressive co-ed school in Manhattan. Drawing on his European experience and his studies in curriculum design, Mirko created a Developmental Movement Program which he has been perfecting for the last 30 years.

Andrea Elam

Andrea has 25 years experience in health and fitness, holds a Bachelor of Arts in Dance, and a Bachelor of Science in Nutrition and Food Science. She is also a graduate of the Swedish Institute for Massage Therapy, as well as a Certified Group Fitness Instructor through the American Council on Exercise. Andrea is a member of AAHPERD, the National Dance Education Organization, and the American Public Health Association. As director of wellness programs for the YWCA-NYC from 2001-08, Andrea created and implemented nutrition, physical activity and dance programs for underserved preschool children in seven city-funded daycare centers. In addition to creating a program called “Lifetime Eating”, which featured healthier foods, nutrition education for parents and caregivers, and an early childhood nutrition curriculum, Andrea also worked with the NYC Department of Health to bring increased opportunities for exercise and play into daycare centers. She currently works as a teaching artist and teaches fitness and dance classes for children in a number of schools in Westchester. Andrea also teaches creative movement for youth with disabilities at Richmond Community Services in Northern Westchester, and is creating a dance class for children on the autistic spectrum.

Sharon Schneider

Sharon is an adjunct child movement and play specialist at Hofstra University in Hempstead, New York. She received her Master of Science degree in Physical Education from Hofstra University; studied Recreational Administration at Brooklyn College, NY; and received her Bachelor of Science degree in Physical Education and Health from Long Island University, NY. As a member of the American Association for the Child’s Right to Play (IPA/USA), Sharon is an officer and National Chairperson for Afterschool Play Issues promoting recess, community play-days, and increased daily physical play. She also serves as part of UNICEF’s Early Childhood Development Unit, Emergency Task Force Program Division. With members of the IPA/USA board, she wrote the training manual, [Child Play Activities for Emergency Situations: A Guideline for Caregivers](#). Sharon has taught birth through geriatric age and special needs populations in schools and recreational settings. She has presented at international, national, state, and

local conferences, written articles, provided book contributions, and is the coauthor of [Movement-Based Learning: Academic Concepts and Physical Activity for Ages Three through Eight](#), published by the National Association for Sport and Physical Education (NASPE). Sharon believes that smiles and play should be part of everyone's day.

NORTH CAROLINA

Pamela McDonald

Pam received a B.S. in Elementary Education and Child Development from Western Carolina University. Her career experiences have included teacher, mentor, administrator and trainer. Pam routinely participates in continuing education initiatives and actively participates in professional ECE networks. After 14 years as the Regional Training Center Director for the seven westernmost counties in North Carolina, she took a leap of faith to start her own consultant business (GR8 Stuff for Kids), through which she provides training and technical assistance to early childhood programs. She has also developed a product for a major early learning company.

Ben Sibley

Ben is an assistant professor in the Physical Education Teacher Education program at Appalachian State University. He earned a Master of Arts in Teaching from the University of South Carolina and a Ph.D. in exercise science from Arizona State University. At Appalachian State, Ben teaches courses in elementary physical education teaching methods, health-related fitness, and sport psychology, and he oversees a physical education program for home schooled children ages 5-12. Ben is also a NASPE Physical Best Instructor and a Level 1 CrossFit Trainer. He enjoys exercising, outdoor activities, cooking, and spending time with his wife, Beth, and two children, Wyatt (4) and Willa (2).

Frances Westbrook

Fran is from Charlotte, North Carolina and is divorced with a grown daughter. She has a BS in Early Childhood Education and a Masters in Child Development. For 30 years she managed child development programs, developed preschool curriculum, and taught classes and seminars. She is a lifelong advocate for improvement in child care standards and teaching requirements in early childhood education and child development programs. Fran has lived and worked all over the world. In addition to her work with HSBS, Fran is a Vision Certification Trainer for Prevent Blindness of North Carolina, a certified Hypnotist, and a Life Coach. However, her first love is still working with young children and the programs that serve them.

NORTH DAKOTA

Joe Deutsch

Dr. Deutsch earned his Ph.D. in Wellness and is currently a professor in the field of Physical Education Teacher Education at North Dakota State University. He is a certified instructor with the concepts based fitness curriculum Physical Best, and has presented at several national and regional presentations on the curriculum, including authoring a chapter of the Teachers Guide. Dr. Deutsch is also currently the President of the Fargo Park Board, where he has focused on adolescent recreation and its relation to childhood obesity. From his grass roots days of teaching elementary physical education for seven years, playground safety and enjoyment was not only a unit he taught to his students every year, but an activity he enjoyed on the playground every day with the children during recess.

OHIO

Garry Bowyer

Dr. Bowyer is an Associate Professor in the Department of Kinesiology and Health at Miami University, Ohio. His professional areas of interest include developmentally appropriate activities for children, and he teaches classes at Miami University that include this focus. Dr. Bowyer has presented in many services and workshops for teachers. In addition, he has presented at local, state and national conferences and has published articles in professional journals.

Keith Cosby

Keith was born and raised in Rahway, New Jersey. He attended the University of Dayton and has been a Physical Education teacher in Dayton Public schools since 1978. He has been married for 25 years, and has three daughters and two dogs. Keith was recognized as Dayton Public schools Teacher of the Year in 2007, as Ohio Elementary Teacher of the Year in 1993, and as Ohio Young Professional of the year in 1988. He is a member of AAHPERD and OAHPERD, and has been a National Youth Sports Program (NYSP) Evaluator Member. Keith has also served on the Physical Education Standards Development committee and as the presenter for AAHPERD at the National Board for Professional Teaching Standards (NBPTS) Conference, Midwest District and OAHPERD.

Susan Crossland

Susan has taught physical education for grades K-6 at Paulding Schools. Her experience also includes four years in an MRDD program, teaching handicapped students and developmentally delayed preschoolers. She is a graduate of The Defiance College with Bachelors and Masters degrees. Her Masters project included developing a preschool curriculum for physical education. Susan also has a musical background, directing the choir and playing the organ at her church for many years. This helps in teaching movement activities utilizing music. As a professional, she believes in the importance of continuing education to keep up on current trends and information. Susan regularly attends state conventions and is a member of OAHPERD, AAHPERD, OEA, and NEA. She is also an Emergency Medical Technician. Although recently retired, she wishes to keep "her foot in the door" and to continue working with children in some capacity. Susan looks forward to being a HSBS Physical Activity Consultant in order to help fight childhood obesity and develop healthy bodies and healthy minds. A strong area in her career has been stressing physical activity and encouraging active lifestyles through the promotion of movement activities and awareness. She is excited to be a part of the HSBS program.

Judith Klinger

Since 1979, Judy has been teaching physical education, movement skills, Motor Behavior / Motor Development and Adapted Physical Education in public schools, Head Start centers, and at the university level. The teaching experiences at the university level include supervising an on-campus program in Adapted Physical Education that serves residents of the local community and provides teacher training for college students. Her focus has always included the typically developing student, as well as students with special needs age 3 to adult. Judy's teaching license includes certification in Physical Education, Health Education and Adapted Physical Education. Her degrees include a Bachelor of Science in Education and a Master of Arts in Physical Education, specializing in Motor Behavior / Motor Development. She has continued her education with 35 hours of post-graduate work. One of Judy's passions is to support research showing the importance of movement activities to the overall development of the brain in pre-school students and across the lifespan.

Alice Stratton

Alice has been teaching elementary physical education for 11 years in a public school. One year she taught in a preschool, and one summer she also taught swimming to 40 preschoolers! Alice is also a registered nurse. She loves teaching physical education since she can make an important impact on wellness and prevention of disease. For 10 years she has performed in a folk dance company, so dance and music are always a part of her PE curriculum. Alice also plays tennis and rides bicycles.

Marie Vasquez-Brooks

Marie has a B.S. in Exercise Science and an M.Ed. in Physical Education. She is also a Ph.D. candidate in Higher Education Administration. For seven years she has owned and operated an NAEYC accredited, 6-week to 6-year early childhood care facility that embraces a Montessorian based planning system. Marie also has over 15 years experience in health and physical education administration in non-profit and educational recreation facilities, as well as 3 years experience in higher education administration in physical education and exercise science. She is a long-time yoga practitioner and teacher who also enjoys distance cycling and Pilates. She loves to be outdoors and active, and to share that passion with young and old!

OKLAHOMA

Dana Chambers

Dana is a physical education teacher at Newcastle Elementary. This is her 4th year of teaching at her current school and her 12th year of teaching overall. She has her bachelor of science with certification in PE/health K-12 and has worked with children since she was in high school. While in college, Dana worked

in a daycare as a nanny, coached at the YMCA, volunteered for Special Olympics, and taught swimming lessons. She is the director for the city's summer program. Professionally she is involved in the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), having attended the AAHPERD National Convention & Southern District leadership conference. She is also a member of the Oklahoma Association for Health, PE, Recreation and Dance, and is the Jump Rope chair, strategic planning committee chair, Elementary PE chair, Vice-President PE, and Newcastle Safe & Healthy School's committee chair. She has served as a Convention presenter and has participated with the Strong & Healthy Oklahoma committee, Fit Kids Coalition, SPARK training, and State Department of Education workshops. Other accomplishments include National Board Certification, School's for Healthy Lifestyles coordinator, Newcastle and OAHPERD Teacher of the Year.

Nancy Mankin

Nancy has a bachelor's and master's degree in physical education, and has taught elementary physical education for more than ten years. She is responsible for teaching first through sixth grades with the Putnam City School district in Oklahoma City. Part of her duties include working with students in the special education classes. Due to this experience, she has been involved in volunteering for Special Olympics over the years and now serves on the area management team in Tulsa as a volunteer, where she helps stage and run area events for the athletes. For the last nineteen years, Nancy has been teaching at the collegiate level and is currently employed at Oral Roberts University, where she serves as the advisor and professor for those wishing to pursue a career in teaching. She is also involved with the State of Oklahoma Residency program, where she serves on a team that helps to mentor and support first-year physical education teachers at all grade levels. Nancy has also been involved in the NCATE accreditation process for physical education program at ORU. In addition, she is a certified CPR and first aid instructor with the Red Cross.

Lea May

Lea is a recent graduate from the University of Central Oklahoma with a Master's in Family Life Education. In May 2011 she completed her Play Therapy certification from Mid-America Nazarene University. Lea is currently a contract provider with Family & Children's Consultants' Inc. for family and children therapy services in Oklahoma City. For the past 2 two years she has served as newsletter editor for the Early Childhood Association of Oklahoma, an affiliate of NAEYC. She is also an advocate for the American Heart Association Grassroots Advocacy Team (Physical Education). Recently Lea was approved as an educator for the Center for Early Childhood Education Professional Development. In 2009 and 2010 she presented at the IPA/TASP Urban Play conference, the NAEYC Professional Development Institute, and the Early Childhood Association of Oklahoma Annual conference. She has written several articles for the IPA/USA quarterly newsletter and the TASP newsletter. She is passionate about the need for play for young children and about being an advocate for children and their families.

OREGON

Michelle (Chelle) Hankinson

Chelle earned her BS in Community Service from Eastern Oregon State College in LaGrande, OR in June 1987. She also has her Associates in Physical Education, as well as additional coursework in Nutrition, Business, Physical Education, and Early Childhood Education. Chelle works as a certifier with WIC in Hermiston. The position includes opportunities working directly with individuals, families, and organizations to provide nutritional education programs and services directly related to nutrition, recreation, and physical well being. As a previous Preschool Teacher and Education Coordinator, Chelle has found that physical activity for our children has become so important for physical, cognitive, social and emotional development. Working with children, students, and their families has been a passion of hers for over 25 years. She has coached High School Swim Team, Middle School Cross Country, and Track. She continues to teach swimming from age 6 weeks to 75 years old. Chelle currently lives in Hermiston, OR and is married. She enjoys fishing, camping, and family events, especially those that involve travel.

PENNSYLVANIA

Angela Lizonitz

Angela received her master of science in clinical exercise physiology from East Stroudsburg University, subsequent to earning her bachelor of science in health and physical education from Lock Haven University. She is currently in her fourth year as an elementary health education teacher in Pennsylvania. Prior to this, Angela was employed in the state of Maryland teaching elementary physical education. She

also maintained part-time work as an aerobics teacher and instructed a FitKids wellness class for children. Angela developed her interest in physical activity and wellness at a young age, when her parents enrolled her in her first dance lesson. Today, she continues to pursue her passion for all styles of dance and creative movement. Congruent with her personal experiences, Angela's primary interest for working with HSBS is to help prevent childhood obesity and to foster the development of lifelong health habits beginning in early childhood.

Jim Roberts

Dr. Roberts has been an active member of AAHPERD and has served as Exercise Physiology Academy Chair. He is in his 3rd year of consulting for HSBS. In addition, he is a member of the American College of Sports Medicine and was President of the Mid-Atlantic Region of the ACSM in 2009. He is also active within the Pennsylvania State AHPERD (PSAHPERD). Dr. Roberts is an Associate Professor and Department Chair at Edinboro University of Pennsylvania.

SOUTH CAROLINA

Sandra Nelson

Sandra was born and raised in Saskatchewan, Canada. After acquiring a bachelor of education degree in physical education from the University of Regina, Saskatchewan, she taught for seven years, then moved to the United States. She completed a masters of arts in teaching at the University of North Carolina at Chapel Hill and obtained a doctorate in curriculum and instruction from Arizona State University. Now in her twentieth year of higher education, Sandra has focused her research and instructional efforts on expert teaching, the use of technology in the field of physical education, and incorporating the mentoring of at-risk students. She has been an invited speaker at state, regional, national and international conferences on the inclusion of mentoring at-risk students within coursework. She has presented at and attended the American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) National Convention on numerous occasions. As a strong advocate for individuals to be active professionals, she regularly takes candidates to the AAHPERD National Convention.

TENNESSEE

Jamie Harvey

As an avid promoter of physical activity from birth to geriatrics, Jamie's educational background (undergraduate and graduate) prepared her for the first day of teaching. Throughout her 26 years of teaching at a university along with a campus preschool, she has been enthusiastically teaching students to play. Recent emphasis on early childhood education has evidenced the rapid and alarming rate of obesity. Another component of Jamie's instruction is embedded within an elementary physical education course. Within this course curriculum, elementary and physical education pre-service teachers develop and implement physical education age-appropriate lessons at the campus pre-school. All participants (teachers, university students and children) confirm the activity benefits for pre-school children. Although her dissertation was directed toward grade 4 students and attitudes, Jamie witnessed the childhood obesity statistics amongst those children. During her tenure as a Physical Activity Consultant with HSBS, she wants to expand her skills and knowledge further to promote daily activity for young children. Through new relationships with teachers, she hopes to improve the health of children by offering outdoor play and to instill the fun and positive attitude toward being an active child; therefore, lending an advantage to becoming an active adolescent and adult.

TEXAS

Jennifer Ahrens

Jennifer is a teacher at Texas State University- San Marcos. Before pursuing a doctoral degree in education, she was a teacher and coach at the high school level. Currently, she teaches a variety of courses in the physical education teacher education (PETE) program. These classes include motor development, motor learning, measurement and evaluation, and introduction to exercise sport science. Additionally, Jennifer has experience developing and running programs that are geared toward enhancing the motor development of preschool children. She is an active member of AAHPERD as well as the state level of this organization (TAHPERD). Teaching is Jennifer's passion and she loves teaching all ages of students, from preschool to adult.

Carlos M. Cervantes

Dr. Cervantes joined the HSBS Physical Activity Consultants in 2010. He is an assistant professor in the Department of Health and Human Performance at Texas State University. He earned his Ph.D. in Sport and Exercise Education from Ohio State University, with a specialization in adapted physical education. Dr. Cervantes has been a certified adapted physical educator (CAPE) since 2005. His research interest focuses on identifying underlying mechanisms (e.g., correlates, mediators) affecting physical activity behavior among children with disabilities, especially among youth with visual impairments. Secondary research interests include accessibility and physical activity opportunities for individuals with disabilities, and professional preparation of pre-service teachers regarding teaching and including children with disabilities in physical education, sport, or recreational settings. At Texas State University, Dr. Cervantes instructs undergraduate and graduate courses in the area of adapted physical education. His instructional effectiveness has been recognized by a number of awards and student evaluations. All of his courses include service-learning experiences in school and community settings, as well as infused use of instructional technologies. Since his arrival to Texas State University, Dr. Cervantes has been actively involved in advocating for and implementing physical activity programs for children with disabilities. He is currently an adapted physical education workshop instructor for the American Association for Physical Activity & Recreation (AAPAR), as well as a physical activity consultant for HSBS. He has presented his work at local, state, national and international conferences.

Becky Justice

Becky is originally from the East Texas area and currently resides with her husband of 37 years in Rockwall, which is a suburb of Dallas, TX. She is a previous Head Start teacher, Preschool Services Education Specialist, and Training and Technical Assistance Grantee Performance Support Specialist for Region 6. Becky received a Bachelor of Science degree in Interdisciplinary Studies with an emphasis on Health from East TX State University, now Texas A&M at Commerce. She has earned lifetime teaching certifications in Early Childhood Education, Elementary Education, and Health Education. She is a member of AAHPERD and NAEYC. Becky provides training and technical assistance as an independent consultant through her business, *Electrifying Early Learning "EEL" Consulting Services*.

Ting Liu

Dr. Liu graduated from the University of Texas at Austin with a doctoral degree in Motor Development and Motor Learning. She holds a B.S. in physical education and a M.S. in Exercise and Sport Studies. Dr. Liu is a faculty member in the Department of Health, Physical Education, and Recreation at Texas State University-San Marcos. She is interested in investigating motor behavior changes in children with Autism Spectrum Disorders to help educators and parents understand early childhood motor development, and to help physicians, therapists, and other professionals design early intervention programs for children with autism. Dr. Liu is an active member of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and the North American Society for the Psychology of Sport and Physical Activity (NASPSPA). She is the recipient of the 2005 Mary Buice Alderson Scholarship for Teaching Excellence at the University of Texas at Austin. In addition, Dr. Liu received the 2007 outstanding paper award from NASPSPA.

Al Stewart

Al is a native Texan, born and reared in Houston. He is the eldest of four boys. After graduating from Booker T. Washington High School, he attended Texas A&M University, receiving a bachelor of science degree and a master of education degree, both in curriculum and instruction. As a classroom teacher, Al both taught kindergarten and served as a Head Start Lead Teacher in the Bryan Independent School District. For twenty-five years, he served as an early childhood special education specialist, first at Region 6 Education Service Center (ESC), then at the Texas Education Agency, and lastly at Region 10 ESC. His hobbies include listening to music, playing bridge, entertaining, and traveling. His favorite activity is meeting and visiting with people, especially young children. This is closely followed by playing bridge.

Tao Zhang

Dr. Zhang is an assistant professor in the department of Kinesiology, Health Promotion, and Recreation at the University of North Texas. He earned his Ph.D. in Kinesiology with a concentration in sport pedagogy & psychology and a minor in applied statistics. As an experienced physical educator, he shows extensive potential in teaching, research, and service. Dr. Zhang has made numerous research presentations at international and national conferences, authored/co-authored research articles, and funded research projects. He has shown great leadership through his service at different levels, and has been a reviewer for 10 peer-reviewed journals and two national conference abstracts. He has also served as an editorial assistant for the *Journal of Teaching in Physical Education*.

VERMONT

Alexandra Langstaff

In the 1980's, Alexandra began working with children and adults by creating movement and dance while exploring physical language, and by encouraging spontaneous creative thinking and personal growth. She encourages students to constructively channel physical energy through games and developmentally appropriate dance and yoga activities. Physical intelligence, social development, technique, flexibility, focus, strength and creativity thus evolve through imaginative use of movement, music and materials. Her background in early childhood and elementary education and modern dance, combined with 20 years in the ski industry, inspires an innovative movement program for students of all ages and abilities. Alexandra provides workshops and dance programs for a wide range of participants, from actors and day care providers to classroom teachers and church groups. Her website includes much information regarding program participants and additional specifics (www.hullabaloodance.com). When she isn't making up movement and dance activities, Alexandra can be found building hula-hoops, practicing head stands, playing tennis, skiing and reading in Dorset, VT (often entertaining her husband Peter and dog Georgia!)

John Stetzel

John lives in Guilford, Vermont, and has taught elementary physical education at the Vernon Elementary School four days a week. He has taught physical education for 40 years and has degrees from Ithaca College and Springfield College. The opportunity that affected him most was when he spent a sabbatical year with Bob Pangrazi in Arizona, where he student-taught for a full year in 1987-88 and learned the importance of a high activity program. John's wife, Peggy, is a paraprofessional in kindergarten. They have five adult children who still enjoy playing and being active. Both Peggy and John also coach a jump rope team called the Vernon Tornadoes; they are a demonstration and teaching team. They travel around New England (mostly Vermont) putting on shows and letting their students teach others how to do various rope jumping tricks. John also rides a motorcycle, is an elder at the Community Bible Chapel, and still plays softball. He loves seeing kids active in a safe environment.

VIRGINIA

Joanne Margaret Hynes-Hunter

Dr. Hunter has 20 years of experience teaching to ethnically diverse students K-16, graduate students and adults. For over 20 years she has been an award-winning teacher, published author, and presenter to international, national, state and community audiences. For 13 years, Dr. Hunter has developed and administered high-energy Pre K-16+ physical activity and health curricula that enhances learning. Currently, she is the President of her own company, *Dr. Joanne Hunter, LLC*. She provides consulting services in learning, assessments, educational products, and course/curriculum development. Dr. Hunter also writes online courses for CCEI (ChildCare Education Institute). She loves spending time in the outdoors with her husband and 2 black labs. She is also an avid photographer and lover of extreme sports.

Martha Larson

Martha is a physical educator who combines a lifelong interest in helping youngsters move skillfully with a commitment to enhance student learning through movement. As a physical education teacher, Martha taught over 200 students a year who were six years old or younger at a culturally diverse elementary school in Arlington, Virginia. There, she incorporated music, dance, and movement exploration in her classes. She also enjoyed providing adapted physical education instruction to students with a wide range of special needs. Martha is proud to have earned her B.S. in education at Illinois State University in 1969. She has kept abreast of innovation in health and physical education by taking graduate credits from leaders in her field, such as George Graham and Anne Green Gilbert. She is a graduate of the Core Course in Brain Gym and has studied with Jean Blaydes Madigan. In 2007 she implemented Madigan's Action Based Learning program in an elementary school setting. Martha has a history of collaborating and sharing best practices with colleagues. She has given presentations for physical educators in her school district and at the state level. Martha retired in 2008 and enjoys working with Head Start Body Start.

WASHINGTON

Ellen Kaspi

Ellen is a movement specialist who teaches at The Little School in Bellevue, Washington, where she works with 3-12 year olds. She owned her own creative dance gymnastic studio for eight years before becoming

a mom. She has a BA in Physical Education, an MA in psychology, and a K-12 teaching credential in Physical Education. She enjoys nature, dance and the joy of movement. This is Ellen's second year as a Physical Activity Consultant for HSBS. She is proud to be able to share the importance of play and movement with others.

Carin Piraino

Carin has a B.S. and M.S. in Physical Education from Ithaca College. She has been an elementary physical education teacher at the Island School on Bainbridge Island since 1995, and has been an HSBS physical activity consultant since 2010. Carin also has experience as a YMCA/YWCA toddler and prenatal exercise, aerobics, and preschool physical education instructor. She has also served as a nursery school physical education and adaptive elementary teacher, as well as a high school physical education teacher and coach. Carin is a member of AAHPERD and the Washington Association for Health, Physical Education, and Recreation.

WISCONSIN

Christine Tipps

Christine has twenty-three years teaching experience at the University of Wisconsin Oshkosh (UWO). Her area of expertise is teaching teachers how to teach. Prior to her employment at UWO, she taught three years as an elementary physical educator in the Logan County, WV public schools. She also spent approximately 15 years (summers) teaching tennis (youth/adult) and running tennis leagues in the northwest suburbs of Chicago, IL. Currently, Christine is the Chairperson of the Human Kinetics and Health Education Department within the College of Education and Human Services at UWO. She is a Life Member of AAHPERD and served as the AAHPERD American Association for Leisure & Recreation President in 2004-05. She also served as the AAHPERD American Association for Physical Activity & Recreation President-elect in 2005-06.

Barbara Wehman

Prior to her recent retirement, Barb served as a Head Start/Early Head Start Director for 17 years, managing a program serving 603 HS children and 206 EHS children and their families. The program developed 14 public school district collaboratives, where enrolled HS children participated in the local school district's pre-K4 HS Program. In addition, the HS program administered the Katie Beckett program for northwestern WI Birth to Three Program. Barb is a pre-K -12 certified Health Educator and has taught at both the college and vocational college level. She served as a social worker for the county department of human services for 7 years, working in the area of child welfare and family services. Currently she is a national *I Am Moving, I Am Learning* trainer. Barb was previously a consultant for BAH, who had the T/TA contract for Region V Head Start. She also serves on the State Childhood Obesity Prevention Committee. She has a master's degree in education and an undergraduate degree in health education and social work. Barb and her husband, Carl, have two daughters, two grandchildren and were former foster parents. In their spare time they enjoy traveling, camping, golfing, and volunteering for HS programs. Barb enjoys sewing, along with many other crafts.

WEST VIRGINIA

Linda Holmstrand

Linda is a Coordinator for the Wellness Council of West Virginia. She assists wellness teams and coordinators to plan, implement, manage, and evaluate individually tailored worksite wellness programs. Linda has an MPA from Wayne State University and an MS in Community Health Education from West Virginia University. She is a Certified Health Education Specialist (CHES) and a Certified Tobacco Treatment Specialist (CTTS). Prior to joining the Wellness Council in early 2009, Linda worked for 20 years in the field of children and family services. She has a broad array of on-going experience and leadership in program evaluation and outcomes, quality improvement, compliance, and policy development. At one time she served as the local project evaluator for a Head Start Family Services Demonstration Project. She has maintained an interest in the services provided by Head Start and those provided to the youngest members of the community. Linda serves on the Board of Directors of a childcare center and for the Ohio County Family Resource Network. Her interest in working with HSBS is to assist staff in their efforts to create positive and fun opportunities for children to be physically active.