



HSBS Gets Its Groove On!

When an event starts with 100+ people dancing to "Roam" by the B52s, you know you are in for a fun-filled ride! Don't believe us? Just ask any of the 300 participants who joined Head Start Body Start (HSBS) and Choosy Kids for a series of I Am Moving, I Am Learning (IMIL) Facilitator Trainings during the past 6 months.

Training events took place in Herndon, Virginia, Kansas City, Missouri, and San Jose, California, and included both Head Start and Child Care personnel. For three and a half days, participants learned, danced and played their way to a strong understanding of how to support young children in meaningful movement, active play and learning, and balanced nutrition choices.

- Workshops included:
- Body Language
 - Moving With the Brain in Mind
 - Activities for All
 - Nutrition Building Blocks
 - MVPA Every Day
 - Move, Play & Learn at Home
 - Take it Outside!

Updated in 2010 by HSBS for the Office of Head Start, [IMIL is an obesity prevention project](#) for young children and their families. In 2011, Facilitators trained by HSBS and Choosy Kids will offer 28 IMIL Trainings to Head Start grantees nationwide. The Office of Child Care is also launching a nationwide IMIL Training Program, mobilizing new facilitators and delivery methods to meet the diverse needs of the Child Care audience.

HSBS is so proud to lead this project for the Office of Head Start and raise the awareness for the need for high quality movement and active play experiences for young children and their families.

IMIL's slogan could be: Work hard, play hard and laugh a lot! Check out the pictures below to see the IMIL Facilitator Training events in action.

To capture the atmosphere, give a listen to “Roam.” Go ahead – we dare you not to dance!

