



# MOVEMENT AS MEDICINE

## IN-PERSON TRAINING OPPORTUNITIES

**AUDIENCE:** All. Optimally, full school

**CONTENT AREA:** PE/PA, Mental Health



### MOVEMENT AS MEDICINE

**LENGTH:** 1.5 HOURS

With a combination of endorphin increase and stress response hormone reduction, the benefits for youth with ACEs is a no brainer. Learn about the biological connections between exercise and the brain and simple, easy movements to boost resiliency and revitalize the brain.

### MOVEMENT AS MEDICINE: *SKILLS-BASED TRAINING*

**LENGTH:** 4 HOURS

Designed to develop confidence and competence in facilitating classroom physical activity and movement opportunities for enhanced focus and attention, stress management, and a positive learning environment. Participants will engage in strategies for energy, focus, and self regulation both with and without integration of academic content.

**For more info or to submit a training request:**  
Contact [Heather.M.Piergies@tn.gov](mailto:Heather.M.Piergies@tn.gov)

