|  |
| --- |
| This is a training video for the physical activity sections of Eating Smart • Being Active. |
| © 2017 Colorado State University Extension  All rights reserved.  Funded by the US Department of Agriculture  National Institute of Food and Agriculture |
| Written by:  Amanda Boostrom, RDN, CLEC  Directed and narrated by:  Katie McGirr, MS, RDN  Physical activities developed by:  Samantha Harden, PhD  Katherine Gunter, PhD  Susan Baker, EdD  Katie McGirr, MS, RDN |
| Filmed and produced by:  Front Range Media |
| Special thanks for expertise in physical activity to:  Samantha Harden, PhD |
| Video participants:  Amanda Boostrom  Katie McGirr  Jackie Lopez  Elena Mauricio  Yolanda Montoya  Azucena Rubio  Theresa Servin  Charlene Trujillo  Mary Esther Vigil |
| Free music:  KillerTracks |