



Changing Family Trees Through Physical Activity

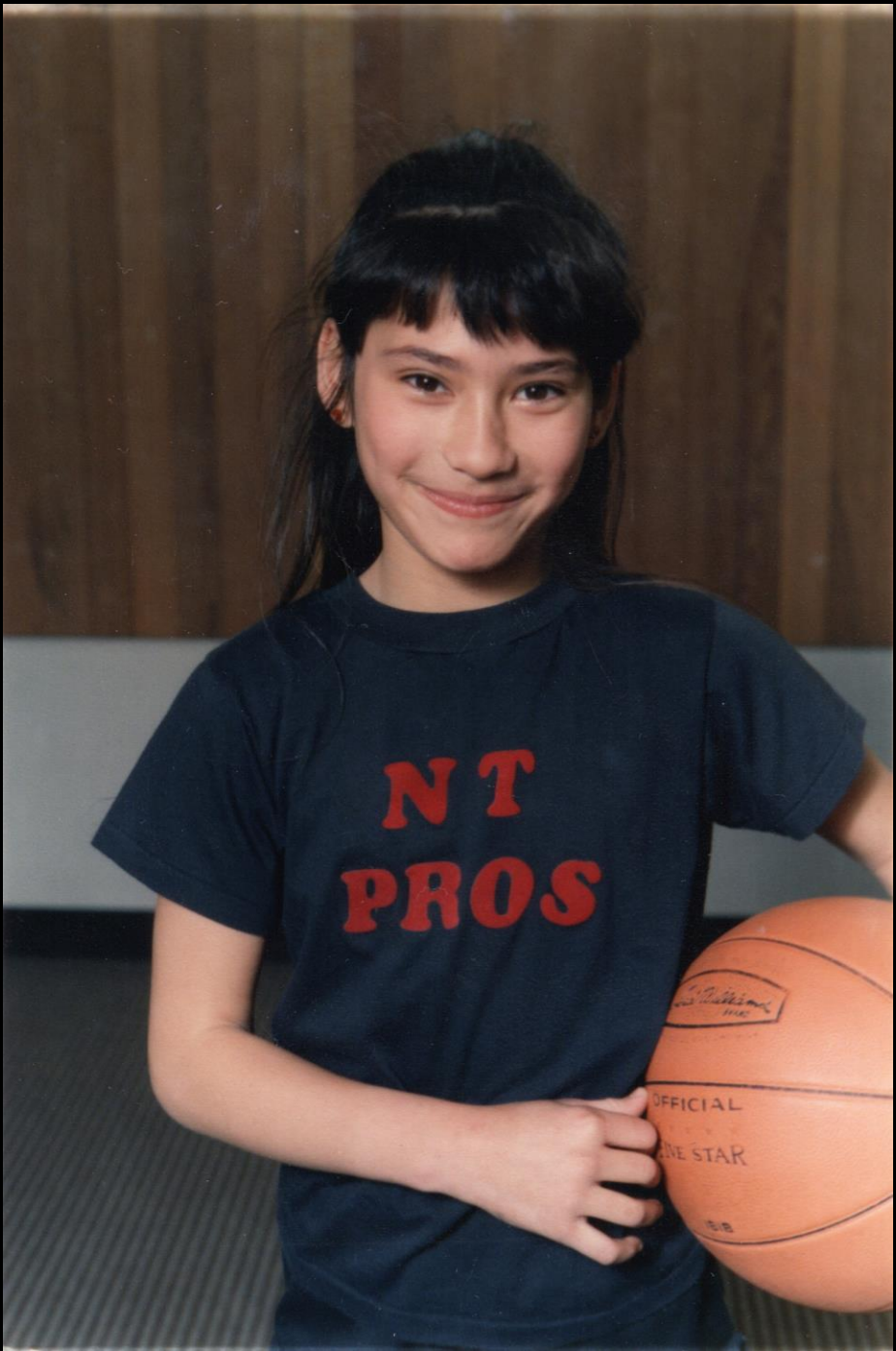


AMERICAN

QUALITY

Life Lessons





JOY



MENTORS AND ROLE MODELS



CONNECTION AND COMMUNITY

- **Life Lessons**
- **Joy**
- **Mentors & Role Models**
- **Connection & Community**





How can a person's
LIFE EXPERIENCES affect their
relationship with physical activity?





What **BARRIERS** might people face when it comes to physical activity?





How do you imagine it made Teresa
FEEL having me as her coach?





SNAP-Ed

- 1. Know your WHY**
- 2. Understand their STORY**
- 3. Remove BARRIERS**
- 4. Build an incredible CULTURE**

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