

***Take Time!* Participants Meeting**  
**January 30, 2007**



**Top Ten Tips To Take To School**

1. Be the change. You are the Champions!
2. Focus on POLICY change as your goal.
3. Highlight the POSITIVE.
4. Role Model---Schedule time to get into each classroom.
5. Integrate PA into classroom lessons.
6. Get yourself into the schools—constant “Check-In’s” with staff.
7. Wear your sneakers—be seen as the activity go-to.
8. Recruit champions in your school to help keep the energy up.
9. Get *Take Time!* on the agenda at every staff meeting.
10. Be the cheerleader and PA break reminder at your meetings.