

Dear Parents,

We are now ready to jump back into our Active Lifestyles Program! The idea behind the program is to get our students to become active and stay active! **The goal is for students to meet a daily activity goal (60 minutes a day) at least 5 days a week – for a total of 6 weeks.** Participants can take up to 8 weeks to complete the program. All students completing the Active Lifestyles Program will be recognized and awards will be given. Students should set goals for themselves. They should be specific, challenging, and focused on the individual (not comparing themselves to others). Here are a few ways you can point them in the right direction: be realistic, think short-term, and write it down. An example of a written goal would be:

- I will play soccer with my friends for 60 minutes each day for a week.
- I will increase my activity time by 5 minutes each week until I reach 60 minutes a day.
- Each week, I will spend 2 days practicing a new activity I want to learn (jumping rope).

Whatever the goal selected, encourage your child(ren) to work on it everyday. Here are the rules for the program:

1. **Pick any activity that uses large muscles (please refer to the following two pages).**
2. **Meet the daily activity goal (60 minutes a day) at least 5 days a week for a total of 6 to 8 weeks.**
3. **Track the activity. Students can log times as often as they want, in amounts as short as 5 minutes. Students can't log time for activities they haven't done yet, but they can go back as far as 7 days to enter past activities.**
4. **Earning awards: when students reach a goal, their activity log will remind them that they've earned an award! Students will earn Active Lifestyle Award and/or move on to the next challenge: The Presidential Champions Program!**

I have included a list of activities and an activity log to get started (additional logs are available on our web-site). If you have any questions, please let me know. My goal is for all students to reach their goal and become one of the best-fit schools in town! During P.E. classes, I will be reminding students to continue working hard and to help them reach their goals. Please note: This year, P.E. class time will also count and can be included in activity logs! If you would like more information please visit the following website: [www.presidentschallenge.org](http://www.presidentschallenge.org) The program will begin on Monday, February 11<sup>th</sup> and end on Friday, March 29<sup>th</sup>. Thank you for your support!

Sincerely,

*Mrs. Villanueva*

Mrs. Villanueva  
Athletic Director



## Select Your Favorite Activities:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Aerobics           | <input type="checkbox"/> Archery               | <input type="checkbox"/> Badminton             |
| <input type="checkbox"/> Baseball           | <input type="checkbox"/> Basketball            | <input type="checkbox"/> Baton Twirling        |
| <input type="checkbox"/> Bicycling          | <input type="checkbox"/> Billiards             | <input type="checkbox"/> Bowling               |
| <input type="checkbox"/> Boxing/Kickboxing  | <input type="checkbox"/> Calisthenics          | <input type="checkbox"/> Canoeing              |
| <input type="checkbox"/> Cardio Machines    | <input type="checkbox"/> Cardio Tennis         | <input type="checkbox"/> Cheerleading          |
| <input type="checkbox"/> Children's Games   | <input type="checkbox"/> Circuit Training      | <input type="checkbox"/> Cricket               |
| <input type="checkbox"/> Croquet            | <input type="checkbox"/> Cross Country Skiing  | <input type="checkbox"/> Curling               |
| <input type="checkbox"/> Dancing            | <input type="checkbox"/> Darts                 | <input type="checkbox"/> Diving                |
| <input type="checkbox"/> Downhill Skiing    | <input type="checkbox"/> Fencing               | <input type="checkbox"/> Field Hockey          |
| <input type="checkbox"/> Fishing            | <input type="checkbox"/> Foot Bag              | <input type="checkbox"/> Football              |
| <input type="checkbox"/> Frisbee            | <input type="checkbox"/> Gardening             | <input type="checkbox"/> Golf                  |
| <input type="checkbox"/> Gymnastics         | <input type="checkbox"/> Handball              | <input type="checkbox"/> Hang Gliding          |
| <input type="checkbox"/> Hiking/Backpacking | <input type="checkbox"/> Hockey                | <input type="checkbox"/> Home Repair           |
| <input type="checkbox"/> Horseback Riding   | <input type="checkbox"/> Horseshoe Pitching    | <input type="checkbox"/> Household Tasks       |
| <input type="checkbox"/> Hunting            | <input type="checkbox"/> Inline Skating        | <input type="checkbox"/> Jai Alai              |
| <input type="checkbox"/> Juggling           | <input type="checkbox"/> Kayaking              | <input type="checkbox"/> Lacrosse              |
| <input type="checkbox"/> Lawn Bowling       | <input type="checkbox"/> Lawn Mowing/Gardening | <input type="checkbox"/> Lifting/Hauling       |
| <input type="checkbox"/> Marching           | <input type="checkbox"/> Martial Arts          | <input type="checkbox"/> Motor Cross           |
| <input type="checkbox"/> Mountain Biking    | <input type="checkbox"/> Mountain Climbing     | <input type="checkbox"/> Nintendo Wii (Sports) |
| <input type="checkbox"/> Nordic Walking     | <input type="checkbox"/> Orienteering          | <input type="checkbox"/> Paddleball            |
| <input type="checkbox"/> Pedometer          | <input type="checkbox"/> Pilates               | <input type="checkbox"/> Polo                  |
| <input type="checkbox"/> Racquetball        | <input type="checkbox"/> Rock Climbing         | <input type="checkbox"/> Roller Skating        |
| <input type="checkbox"/> Rope Jumping       | <input type="checkbox"/> Rowing                | <input type="checkbox"/> Rowing Machine        |
| <input type="checkbox"/> Rugby              | <input type="checkbox"/> Running               | <input type="checkbox"/> Sailing               |
| <input type="checkbox"/> Scuba Diving       | <input type="checkbox"/> Shuffleboard          | <input type="checkbox"/> Skateboarding         |
| <input type="checkbox"/> Skating            | <input type="checkbox"/> Ski Jumping           | <input type="checkbox"/> Ski mobiling          |
| <input type="checkbox"/> Sky Diving         | <input type="checkbox"/> Sledding              | <input type="checkbox"/> Snorkeling            |
| <input type="checkbox"/> Snow Shoveling     | <input type="checkbox"/> Snowboarding          | <input type="checkbox"/> Snowmobiling          |
| <input type="checkbox"/> Snowshoeing        | <input type="checkbox"/> Soccer                | <input type="checkbox"/> Softball              |
| <input type="checkbox"/> Squash             | <input type="checkbox"/> Stationary Bike       | <input type="checkbox"/> Stretching            |
|   |  | <input type="checkbox"/> Surfing               |
|   |  | <input type="checkbox"/> Tai Chi               |
|   |  | <input type="checkbox"/> Trampoline            |
|   |  | <input type="checkbox"/> Volleyball            |
|   |  | <input type="checkbox"/> Water Aerobics        |
|   |  | <input type="checkbox"/> Water Skiing          |
|   |  | <input type="checkbox"/> Wrestling             |
|   |  | <input type="checkbox"/> Yoga                  |
|   |  | <input type="checkbox"/> Swimming              |
|   |  | <input type="checkbox"/> Tennis                |
|   |  | <input type="checkbox"/> Table Tennis          |
|   |  | <input type="checkbox"/> Track & Field         |
|   |  | <input type="checkbox"/> Trap & Skeet          |
|   |  | <input type="checkbox"/> Unicycling            |
|   |  | <input type="checkbox"/> Wallyball             |
|   |  | <input type="checkbox"/> Water Polo            |
|   |  | <input type="checkbox"/> Whitewater Rafting    |
|   |  | <input type="checkbox"/> Walking               |
|   |  | <input type="checkbox"/> Water Jogging         |
|   |  | <input type="checkbox"/> Weight Training       |

## **Rules for the Active Lifestyle Program**

### Type of activity:

Just about any physical activity that uses large muscle groups counts. Playing softball. Taking an aerobics class. Even doing chores around the house. Students can take the Challenge alone, or together with friends and family.

### Amount of activity:

The goal is for students to meet their daily activity goal (60 minutes a day) at least 5 days a week, for a total of 6 weeks. They can take up to 8 weeks to complete the program.

### Tracking activities:

Our personal activity log makes it easy for students to track the time they spend on activities, right online. They can log time as often as they want, in amounts as short as 5 minutes. Students can't log time for activities they haven't done yet, but they can go back up to 7 days to enter past activities.

Students can also keep track of their progress on paper by downloading an activity log form. [PDF] Keep in mind, this means we won't have an online record of the activity points earned - so they won't carry over to the Presidential Champions program.

### Earning awards:

When students reach a goal, their activity log will remind them that they've earned an award. You can order awards right online or by mail. Then students can continue earning awards in the Active Lifestyle program or move on to the next challenge: the Presidential Champions program.

### Can students use pedometers?

Absolutely! Our personal activity log allows students to record steps measured with a pedometer instead of minutes. Different students will have different daily goals:

- Girls 6 to 17 - At least 11,000 steps a day
- Boys 6 to 17 - At least 13,000 steps a day

It is acceptable to log minutes one day and pedometer steps the next – as long as students meet their daily activity goal of minutes or steps.