

Welcome to Health and Fitness Week 2017!

Our theme for this year is "COMMIT to be FIT". Beginning Tuesday, January 17<sup>th</sup> thru Friday the 20<sup>th</sup> each student will be asked to participate in the fitness challenge. They will keep track of their daily activities on the attached fitness log and return them to their teachers on Monday, January 23<sup>rd</sup>. The winning class will be announced the following week.

Remember, there is a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities.

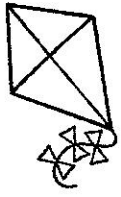
- Playing Chase
- Freeze Tag
- Playing Catch
- Climbing Trees
- Jumping Rope
- Riding a Bike
- Skateboarding
- Playing Basketball
- Dribbling
- Dancing
- Swimming
- Doing Jumping Jacks
- Walking the Dog
- Playing Hopscotch
- Running
- Skating
- Doing Push Ups
- Soccer
- Doing Cartwheels
- Riding Your Scooter
- Jumping on the Trampoline
- Cleaning your Room
- Doing Sit Ups
- Sledding

You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 60 minutes of some activity each day for good health... and don't forget to make healthy food choices too! Listen for our daily announcements from Student Council with a "healthy tip for the day"!

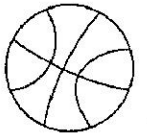
Good Luck!

Debbie Colalillo & Virginia Madden





# Physical Activity Log



Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 3-25-14	Soccer 15 min.	Walking 30. min	Climbing trees 15 min.	60 min.
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: 60 Minutes Daily!

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

