

## Fit For Life Program

### Dear Kids and Parents of MCAAP CYs,

We are implementing a “Fit For Life” program. The “Fit For Life” program is to enable your child to earn points for doing fitness activities after school( but they can wear a pedometer during school).

The purposes for the “Fit For Life” Club are to increase fitness levels and to build lifetime habits that will help maintain fitness. The goal that your kid(s) will be striving for is intended to be reached over an extended period of time. Just as fitness is not something accomplished in one week, the awards in this program will take several months of effort to achieve.

Your kid(s), if they choose to participate, will be awarded points for any sports/fitness/exercise activities done **outside** of school time that will promote physical fitness. There will be no points awarded for play activities but only for those activities completed within the intent of increasing fitness and earning fitness points. Our intent is to stimulate a child to set time aside everyday for fitness. **Point sheets will be turned in on the 1<sup>st</sup> of each month to a staff member.** They will be collected and charted.

If you and your kid(s) decide to participate, your role in the activity will be two fold: (1) Motivation-- help remind, make suggestions, join in your child’s fitness if possible; (2) help in record keeping. Use the fitness calendar, check each activity completed, and total the points at the end of the month. Turn in the calendar to a staff member on the first day of the following month.

**Each checkmark = 30 minutes of exercise = 5 points**

**OR**

**Pedometer steps:**

**10,000=3 checkmarks/7,500=2 checkmarks/5,000=1 checkmark**

**\* The maximum points we record for each child each week is 50.**

At **200** points students will earn a small reward. At **500** points participants will qualify for a “Fit For Life” T-shirt. At **800** points kids will earn another small prize. All participants that **complete 1000** points or more from Sep.-May will earn a year-end party.

### Fit For Life



## **Suggested Activities**

### **Fit For Life**

- Promotes Daily Exercise
- Promotes Healthy Bodies
- Promotes Lifetime Habits

### **How To Participate In Fit For Life**

- Choose a fitness activity
- Do the activity/ exercise
- Check off the activity on the Fit For Life Calendar
- Pedometer steps: 10,000=3 checkmarks, 7,500=2 checkmarks, 5,000=1 checkmark
- Total points at the end of the month (each checkmark is equal to 5 points)
- Maximum points accepted per week is 50 points. It is GREAT working hard to be fit!

### **Suggested Fit For Life Activities**

- Walking, running, jogging
- Karate, Tae Kwon Do
- Gymnastics
- Jazzercise, yoga, aerobics
- Bicycling
- Dance, ballet
- Jumping rope
- Strength Training
- Tennis
- Racquetball
- Rollerblading
- Volleyball
- Basketball
- Hockey/skating
- Football
- Wrestling
- Trampoline Jumping
- Swimming
- Mowing/raking
- Soccer games or practice
- Pedometer steps
- Water skiing
- Horseback riding



**The kids are also encouraged to keep a food journal of what they eat each meal. It is not required but strongly encouraged. This way they can see the foods they are eating and which ones are good or bad for them. This is a very good habit for kids to see the importance of eating healthy and practice it in their life.**