

You are invited to the



2nd Annual Keep Movin' Exercise Challenge!



January 16 – March 23, 2011

Who can participate?

- Each elementary school student
- Each middle school student
- Each immediate family member of above students (age 5 and older)
- West Central staff members

How do I/we participate?

- **Record exercise minutes on the attached sheets each day.**

~If you need more space for names, use the back of the sheet.
~Total the minutes at the end of each week (or we can do this for you).
~Send the sheet back to school with your child the following Monday.

- **Meet national exercise standards each/any week and earn raffle ticket(s).**

Children: 420 minutes per week = 1 raffle ticket

Adults: 150 minutes per week = 1 raffle ticket
300 minutes per week = 2 raffle tickets

Exercise minutes are minutes spent in sustained physical activity that raises the heart rate and raises fitness levels. Recess and PE for the students can count toward these minutes.

By the end of the challenge, you *could* have 10 + entries in the raffle. Raffle prizes will be a variety of great fitness-related prizes. There will be multiple prizes/winners.

Plus, if you earn a raffle ticket every week, **you will get 1 bonus ticket for the raffle.**

You do not need to participate every week.

- **Stay posted for event details to help you exercise, have fun, and celebrate. They are:**

***Kick-off Celebration Day** - Thursday, January 19

Tropical shirt day - Tropical lunch menu - *Free* family open swim night

***Roller-skating night** @ West Central gym ó February 23 (probable date)

***Completion Celebration** ó April date to be announced

NOTE: Everyone should start at their current fitness level and increase the time/activities gradually. If you have a health condition, or are very out-of-shape, you may want to consult your doctor first.

Our goals:

- To help people start or improve an active lifestyle ó especially as a family.
- To encourage continued activity so that it becomes a part of your life ó forever.
- To help you see that it can be fun!

Sponsored by the WCES Parent Teacher Council (PTC) and Coordinated School Health.

Week 10 ó March 19-23 (short week)

NAME	Monday	Tuesday	Wednesday	Thursday	Friday			TOTAL
Dad/Parent/Adult					DONE			
Mom/Parent/Adult					DONE	Remember:		
Student/child					DONE	Stay	Active!!	
Student/child					DONE			
Student/child					DONE			

Week 10 ó March 19-23 (short week)

NAME	Monday	Tuesday	Wednesday	Thursday	Friday			TOTAL
Dad/Parent/Adult					DONE			
Mom/Parent/Adult					DONE	Remember:		
Student/child					DONE	Stay	Active!!	
Student/child					DONE			
Student/child					DONE			

Week 10 ó March 19-23 (short week)

NAME	Monday	Tuesday	Wednesday	Thursday	Friday			TOTAL
Dad/Parent/Adult					DONE			
Mom/Parent/Adult					DONE	Remember:		
Student/child					DONE	Stay	Active!!	
Student/child					DONE			
Student/child					DONE			