



The President's Challenge
Physical Activity, Nutrition & Fitness
Awards Program

**Get Fit—
The Time Is Now!**



Be active and fit. Be ready to take
the President's Challenge!



A Program of the President's Council
on Fitness, Sports & Nutrition,
U.S. Department of Health and Human Services



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Get Fit—The Time Is Now!

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The President's Challenge is a program of the President's Council on Fitness, Sports & Nutrition, U.S. Department of Health and Human Services, offered through a co-sponsorship with SHAPE America. This booklet can be downloaded from the President's Challenge website (presidentschallenge.org).

To order multiple copies of this booklet, call the President's Challenge office at 800-258-8146 or visit presidentschallenge.org.

About the President's Challenge

For over 58 years, the President's Council on Fitness, Sports & Nutrition (PCFSN) has promoted programs and initiatives that motivate people of all ages, backgrounds, and abilities to lead active, healthy lives. With its start in 1956, under President Dwight D. Eisenhower, the Council—formerly the President's Council on Youth Fitness—began to elevate the important role of physical activity in achieving good health. During the Johnson Administration, the Council's name changed to the President's Council on Physical Fitness and Sports. The Presidential Physical Fitness Award Program began in 1966 and became the President's Challenge in 1986.



The President's Challenge is a program of the President's Council on Fitness, Sports & Nutrition, U.S. Department of Health and Human Services.

In 2010, President Obama signed an executive order to change the name and mission of the Council to include nutrition.

The President's Council on Fitness, Sports & Nutrition helps Americans of all ages learn how to live a healthy lifestyle through regular physical activity and good nutrition. Millions of American youth and adults have been recognized by the Council for being active, fit, and healthy.

This booklet will help you learn how to make your lifestyle healthy by being active every day and eating nutritious foods. It contains useful information about activities you can do to get ready to participate in the President's Challenge programs.



Importance of Physical Activity and Good Nutrition

Physical Activity Guidelines

The 2008 Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and Human Services, provide science-based guidance to help Americans age 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the *Guidelines* can help you understand the health benefits of physical activity, learn about the types and amounts of physical activity you need to be healthy, choose appropriate physical activities that fit into any lifestyle or routine, and learn ways to reduce the risks of activity-related injury.

Daily physical activity will help your muscles get stronger, prevent chronic diseases, and control weight. There are also added benefits that include reduced stress, improved sleep, and increased self-esteem. Today, many more children and adolescents have high blood pressure, type 2 diabetes, and other chronic conditions that used to occur only in adults. Because of the

childhood obesity epidemic, youth are at greater risk for heart disease, osteoporosis (weak bones), and other disorders that can develop early in life.

You can get healthy now and remain healthy for life by working physical activity and healthy eating into your daily routine. The most important thing is to participate in many different activities that you enjoy! A healthy lifestyle will help prevent disease and keep you feeling fit and strong.

Children and Adolescents

Young people should include 60 minutes (1 hour) or more of physical activity every day, including:

- **Daily moderate-intensity aerobics:** Include vigorous-intensity activities 3 days or more each week.
- **Muscle-strengthening activities:** at least 3 days each week.
- **Bone-strengthening activities:** at least 3 days each week.

Physical activity examples with intensity levels

Moderate intensity	Vigorous intensity	Muscle strengthening*	Bone strengthening*
Brisk walking	Running	Climbing trees	Jumping rope
Tennis (doubles)	Swimming laps	Playing tug of war	Tennis
Canoeing	Hiking uphill	Lifting weights	Basketball
Bicycling slowly	Fast dancing	Gymnastics	Soccer

*Many muscle-strengthening activities also strengthen bones and may qualify as moderate- or vigorous-intensity aerobic activities. For more information about the 2008 Physical Activity Guidelines, visit www.health.gov/paguidelines.

Physical Activity for Youth with Disabilities

Approximately 56 million Americans today have a disability and the obesity rate, specifically for children with disabilities, is 38 percent higher than for children without disabilities. Ensuring that youth with disabilities have opportunities to be active is critical. Youth with disabilities and their families should consult with their health care provider to identify the types of activities and amount of activity that are best for them. Children and adolescents with disabilities should aim to meet the general physical activity guidelines of 60 minutes each day, with muscle and bone strengthening activities completed at least 3 days each week, based on a physician's guidance.

The President's Challenge provides great tools, programs, and recognition opportunities to motivate youth with disabilities. This includes the Council's *I Can Do It, You Can Do It!* (ICDI) program, which promotes physical activity opportunities and healthy eating options for Americans with physical and cognitive disabilities. Through the President's Challenge and ICDI, teachers, fitness leaders, parents, and others can make accommodations as needed to ensure every child can be recognized for his or her efforts. For more information on physical activity for youth with disabilities, please visit fitness.gov.



Youth should be as active as possible at an early age. Creating early positive experiences with physical activity will help them build habits that will last a lifetime.

Dietary Guidelines for Americans

The U.S. Department of Agriculture and the U.S. Department of Health and Human Services publish nutritional recommendations for all Americans over the age of 2, based on the most current scientific research.

Here's how you can put these guidelines to use by making healthy food and drink choices every day:

Balance Calories

- **Control calories.** Enjoy your food, but don't eat too much of it.
- **Choose lean sources of protein.** Select eggs; lean cuts of chicken, pork, turkey, and beef; seafood; and nuts, seeds, beans, and peas.

Foods to Increase

- **Fruits and vegetables.** These should fill at least half your plate. There are many options, including 100% fruit or vegetable juices; fresh, dried, canned (in water or 100% juice), frozen, whole, cut-up, or pureed veggies and fruits.

- **Whole grains.** Make at least half your grains whole grains. Try whole-wheat bread instead of white bread, brown rice instead of white rice, and whole-wheat or brown rice pasta.
- **Fat-free or low-fat (1%) milk, yogurt, or cheese.** Lactose-reduced or lactose-free items are options, as well.

Foods to Decrease

- **Salt.** Check labels and packages and choose products with lower salt (sodium) content. Canned and prepackaged soup, bread, snacks, frozen meals, and countless other items can have a lot of salt.
- **Sugary drinks.** Beware of sports drinks, soda, and flavored water. Drink water instead.

For more information about the Dietary Guidelines for Americans, please visit choosemyplate.gov/dietary-guidelines.html.

Keep your bones strong!

Almost all of your bone mass develops by the time you reach age 18. You can help your bones grow strong and healthy by being active and eating and drinking foods and beverages rich in nutrients. To help build healthy bones and teeth, you should eat and drink dairy products, which are rich in calcium and vitamin D. Drinking 3 cups of milk or other dairy products per day is

good for your bones. Fortified soy beverages, orange juice, and yogurt also contain calcium and vitamin D, and many breakfast cereals also contain vitamin D. Read the nutrition labels carefully on these products if you are relying on them to meet your calcium and vitamin D needs.



Tips for Improving Physical Activity Habits

Everyone can improve their fitness, even those who are already active. Being fit and healthy means exercising to improve endurance, flexibility, and strength, and making healthy food and drink choices.

Here are some tips to help you get started and keep you going:

Find activities that you enjoy. You can get the exercise your body needs in lots of ways—a pick-up basketball game, riding your bike, karate, or cheerleading practice. You don't have to go to a gym or play a sport to be healthy and get fit. Just be active and do what's fun!

Make changes slowly. Don't do too much too soon. Gradually increase your activity over a period of weeks.

Keep an activity journal. Record the activities you do each day, including TV watching or computer use (for things other than school work). Record how you feel

before, during, and after the activities. Do you notice that you feel energized after playing basketball or dancing with friends?

Motivate yourself to get moving.

With friends or family members, start a physical activity challenge such as the Presidential Active Lifestyle Award. This will keep you motivated over a six-week period and spark some friendly competition.

Find a friend to be active with you

or ask your parents to register you for an activity that you are interested in. Remember—if you get off track you can always pick up where you dropped off. Your body and mind will benefit from physical activity every day.



Improving Physical Fitness: F.I.T.T. Principles

To improve endurance, strength, and flexibility in preparation for the FITNESSGRAM® test events or a sport, pay attention to: **Frequency**, **Intensity**, **Type**, and **Time** (F.I.T.T.).

Frequency

Set up a regular schedule for exercising. Try to do at least one hour of physical activity daily, and include more vigorous physical activity (for older children, this may include sports training or competition) three to four days a week. You will see improvements when you exercise regularly and have a schedule for exercise.

Intensity

Work harder when exercising than you do when you are at rest. That's the only way your muscles and bones will get stronger and your body will get more fit. Your heart should beat faster and breathing should increase when you are doing aerobic exercise or lifting weights. Be sure you don't overdo it. Lifting too much weight or working out too hard can cause injuries. If you have questions about your lifting routine, please consult a physician or a trainer for guidance.

Type

Exercise your body the same way that you are going to use it. Be sure to incorporate different types of exercises into your workout to maximize the benefits. Variety is important when trying to improve endurance, strength, and flexibility. For flexibility, you must stretch. For increased strength, challenge your muscles with a variety of weight exercises that activate all muscle groups. To build aerobic capacity, you must increase your heart rate through cardiovascular exercises, such as walking or jogging.

Time

The *Physical Activity Guidelines for Americans* suggest 30–60-minute sessions of cardio (or working your way up to that). The length of your workout will depend not just on your fitness level, but also your intensity. The harder you work, the shorter your workouts will be.

Phases of a Formal Exercise Session

Doing any type of physical activity, whether an informal game of tag, skateboarding, or a more formal exercise session at the gym, is beneficial for one's overall health and well-being. Below is a description of the four phases of exercise to ensure that your body is ready to move.

1. Warm Up: Warming up makes your muscles more limber and decreases your chance of being injured during exercise. A warm-up involves doing the activity at a slower speed or lower intensity. When you warm up, you increase your blood flow and get your muscles and joints ready to exercise. Most people are warmed up when they begin to sweat and breathe heavier.

2. Stretching: Once you have warmed up, you should do stretching exercises to prepare your whole body. Target the muscles that will be used while you are actively exercising. The proper form is to stretch until there is some tension on

the muscle. Reach and hold the stretch while maintaining the proper position for each specific stretching activity. See some example stretches on pages 9–13.

3. Exercise: This is where you do any moderate- or vigorous-intensity activities (see page 2 for examples). Always make sure to take appropriate safety precautions (like wearing protective gear) and to exercise for a duration and at an intensity that works for you.

4. Cooling Down: After exercising you should cool down. It is best to walk around for a few minutes until your breathing is normal and your heartbeat slows down. Then, you are ready to begin your cool-down stretches. Stretching again after you have cooled down will help increase your range of motion and prevent soreness. You should complete the stretches you did before the exercise and add more stretches for the specific muscles worked.

Physical activity tip—stay hydrated

Water makes up about 2/3 of our body weight. Adequate body water is essential for vital body processes. One of the most important purposes of water is to help keep our body temperature normal.

Dehydration occurs when body water drops below normal levels. Thirst is not an accurate sign of hydration. Feeling thirsty is just one sign of dehydration.

Drink enough water before, during, and after physical activities to keep yourself from becoming dehydrated.

Quick body weight loss is due mainly to water loss. Checking body weight before and after very vigorous exercise or sports practices is a way to check the amount of body water loss during exercise.

To replace one pound of body water lost, drink about 2½ cups of water or other fluid.

Building strong and healthy bones and joints

Three types of exercises are needed to build strong, healthy bones and joints:

- **Weight-bearing aerobic**
- **Resistance**
- **Flexibility**

Weight-bearing aerobic means your legs and feet support your body weight when you are active.

A few examples of weight-bearing aerobic exercise are:

- Hiking
- Dancing
- Stair climbing

Sports like bicycling and swimming are great for your heart and lungs. These aerobic exercises are not weight-bearing, so they will not improve bone strength. That's because your body is being supported by something other than your feet and legs, like a bicycle or the water.

Resistance means your body is working against the weight of another object or person. Resistance helps build strong bones because it puts strain on bones. Strain means enough stress is placed on the bone to make the bone slightly change in shape. Types of strains include compression, bending, or twisting.

Exercises that involve resistance include:

- Using free weights or weight machines at home or in the gym
- Using elastic bands or tubing that comes in a variety of strengths
- Using your body weight to do push-ups or running, jogging, jumping, skipping, hopping, climbing, or lifting objects



Children do not need to participate in formal weight training sessions that include use of free weights or weight machines. Generally, the variety of activities young children engage in offer opportunities to strengthen muscles. Adolescents and teenagers may wish to engage in more formal weight training sessions.

For best results, do resistance exercises two or three times a week. You can make the exercises more challenging by gradually adding weight or repetitions. Work all your muscles including arms, chest, shoulders, legs, abdomen, and back.

Flexibility refers to the range of motion at joints in your body and in the length of muscles that cross the joints. A joint is the location at which two or more bones come together. Range of motion means the distance and direction a joint can move between the flexed (shortened) position and the extended (lengthened) position. Having flexible joints can help prevent injuries.

Flexibility exercises include:

- Body stretching
- T'ai chi and yoga

Getting in Shape for the President's Challenge

On the following pages are some exercises you can do on your own to help you meet physical activity and fitness goals you may have set through the PALA+ or Presidential Champions programs or for the FITNESSGRAM®, if your school is participating in the Presidential Youth

Fitness Program. When doing these exercises, make sure you follow the directions. If you are unsure about what to do or would like additional or different exercises to perform, ask your physical education teacher or fitness leader.

Stretches for Warm-up and Cool-down



◀ Neck Stretch

While sitting or standing with your head in its normal upright position, slowly tilt it to the right until tension is felt on the left side of your neck. Hold that tension for 10 to 30 seconds and then return your head to the upright position. Repeat to the left side, and then toward the front. Always return to the upright position before moving on.

▶ Reach to the Sky

Stand with feet shoulder-width apart. Raise both arms overhead so that your hands are intertwined with palms together. Hold for 10 to 30 seconds and relax.





◀ Reach Back

Stand with feet shoulder-width apart and hold your arms out to the sides with thumbs pointing down. Slowly move both arms back until you feel tension. Hold for 10 to 30 seconds and relax.



◀ Arm Circles

Stand with feet shoulder-width apart and hold arms straight out to the side with your palms facing up. Start moving your arms slowly in small circles and gradually make larger and larger circles. Come back to the starting position and reverse the direction of your arm swing.

Toe Touch ▶

While seated, extend both legs in front of you. Keep your back straight and reach for your toes with both hands without bouncing. Do not bend your knees. Be sure to breathe throughout the stretch. Hold this stretch for 10 to 30 seconds. Repeat.





◀ Twister

Sit on a mat with your right leg straight in front of you. Bend your left leg and cross it over your right leg so that your left foot is alongside your right knee. Bring your right elbow across your body and place it on the outside of your left thigh near the knee. Slowly twist your body as you look over your left shoulder. Your right elbow should be exerting pressure against your left thigh. Hold the stretch for 10 to 30 seconds, relax, and repeat for the other side.



Knee to Chest ▲

Lie on your back on a mat with your legs straight. Bend your left knee and bring it up toward your chest. Grasp the underside of your thigh and slowly pull your thigh to your chest. Hold for 10 to 30 seconds. Release, and repeat with the right leg.



◀ Butterfly

Sit on a mat with your knees bent. Put the soles of your feet (or shoes) together and hold on to your ankles. Place your elbows on the inner sides of your knees and slowly apply downward pressure until you feel tension. Do not bounce the knees. Hold for 10 to 30 seconds and repeat.



◀ **Hurdler's Stretch**

While seated on the floor, place one foot on the inside of the other leg just above your knee. Keep the other leg extended and straight. With your back straight, press forward toward the thigh of your extended leg. Use your hands for support. When you feel some tension in the back of your leg, hold the stretch for 15 to 20 seconds. Do not bounce while holding this stretch. Repeat twice with legs in each position.



◀ **Thigh Stretch**

Standing, bend one leg back and place the ankle of one of your legs in the hand on the same side of your body. Be sure to keep the leg you are stretching underneath your body and close to the other leg and keep your body upright (do not lean forward). Hold on to a wall or chair if you lose your balance. Hold the stretch for 15 to 20 seconds once you feel some tension in the front of your leg. Repeat twice with each leg.

Stretching helps you move better and feel less stiff or tired, and makes your muscles stronger too.





Calf Stretch ▲

Place your hands against a wall while standing upright. Bend one knee slightly in front of your body while you extend the opposite leg backward until the foot is placed flat on the floor. With your back straight, you should feel some tension in the back of your leg. Hold the stretch for 15 to 20 seconds and repeat twice with each leg.



Cat and Camel ▲

On your hands and knees with your head parallel to the floor, arch your back and then let it slowly sag toward the floor. Try to keep your arms straight.



Child's Pose ▲

Kneel down and sit back on your feet with your heels pointing outward. Rest your forehead on the floor, relaxing your face, neck, and shoulders. Bring your arms alongside your body with palms turned toward the ceiling. Take 10 to 15 deep, slow breaths. Roll body back up and back down to repeat.





Get Your Heart Pumping

Aerobic exercise makes your heart muscle strong and fit, which makes your whole body healthier.

When you breathe, you take in oxygen. When you do aerobic exercise, you'll breathe faster than normal, your heart will pump harder, and you will perspire.

When you give your heart aerobic workouts on a regular basis, it will get even better at its main job—delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

Aerobic Exercise

Aerobic exercises help you increase your cardiorespiratory fitness by increasing the amount of oxygen flowing to your muscles. Here are some examples of activities that you can do to improve your cardiorespiratory fitness:

- Bicycling
- Swimming
- Skating (Rollerblading)
- Running/Jogging/Walking/Hiking
- Cross-country Skiing
- Soccer
- Full-court Basketball
- Singles Racquetball/Tennis/Badminton



Muscular Strength and Endurance Exercises

When doing these exercises, always make sure you are using the correct form. Not doing so can cause injury or cause the movement to limit the strength gains you receive. Doing excessive repetitions or

lifting more weight does not make you stronger sooner. By trying to do too much when performing strengthening exercises, you can increase your risk of injury. Always pay attention to your body and its safety.



◀ Abdominal and Core Strength Curl-up

Lie down on the floor with your legs bent and your feet placed flat on the floor. Cross your arms on your chest. Lift your chest toward your knees until your shoulders come off of the floor. Lie back down once your shoulders come off the floor. Repeat for a predetermined number of repetitions.



Plank ▲

Lie facedown with arms shoulder-width apart, forearms on the floor and palms facing down. When ready, pull the abdominal muscles up and come up onto your toes so you are supported by your elbows (forearms are still flat on floor) and toes. Keep your back flat and your head and heels in one straight line. Hold this for 20 to 60 seconds and repeat for a predetermined number of repetitions. If the full plank is too difficult, keep your knees on the floor and work your way up to the full plank.



◀ Leg Lift

Lie on the floor on your back. Place your hands alongside your body, extending your legs toward the ceiling. Lower your legs without them touching the floor. Lift your legs back to the starting position, repeating 8 to 12 times. To avoid injury, do not arch your back.

Bent Knee Push-up ▶

Start on your knees. Place your hands on the floor in front of you. Keep hands under your shoulders. Slowly lower yourself to the floor, keeping your abdominal muscles tight. Keep your back straight. Start with two sets of 5 and increase until you can do two sets of 10 in a single workout.





◀ Right Angle Push-up

Lie face down with your hands under your shoulders, fingers straight, with legs straight, parallel, and slightly apart; your toes should support your feet. Straighten your arms while keeping your back and knees straight, and lower your body until you have a 90-degree angle at the elbows. Repeat for a predetermined number of repetitions.

Push-away ▶

If you are unable to do a bent knee or right angle push-up, start with the push-away and work up to the more challenging options. Work up to three sets of 10 in one workout. Face the wall and place your palms flat on the wall at shoulder height. Walk backwards until your arms are straight. Bend your elbows and bring your face close to the wall, keeping your back and hips straight. Push back to the original standing position.





◀ Modified Pull-up

Place a pole or pipe that will support your body weight on the seat of two chairs that are about four feet apart. Lie on your back underneath the bar and grasp it with both hands about shoulder width apart. Pull your chest up to the bar, keeping your body straight from head to toe. Lower your body back to the floor; repeat for a predetermined number of repetitions.



Doing exercises that strengthen muscles three times a week helps kids and teens get a strong start for a long and healthy life.





Dip/Chair Dip ▲

If you have a dip station, place your hands on the bars with your arms straight and your feet hanging free. Lower your body by bending your elbows until your arms are bent at a 90-degree angle. Repeat for a predetermined number of repetitions. If you do not have a dip station, you can do these with chairs that are sturdy enough to support your weight. Place two chairs approximately shoulder-width apart and use the arms of the chairs as your support. Place both feet together in front of you with your heels resting on the floor and legs straight. Perform the dip the same as it would be performed on a dip station.



Lower Body and Leg Strength Lunge ▲

Stand upright and take a big step forward. Bend your front knee straight down keeping your knee from going in front of your toes. Your back leg should trail straight behind you; bend your back leg straight down. Keep the weight on the heel of your front foot. You can push off and return to the place where you started or bring your back leg up to your front (so you are moving). Repeat 8 to 10 times on each leg and do 2 to 3 sets.

Wall Squat ▶

Stand with your back straight against a wall with your feet slightly away from the wall (6 to 12 inches) and toes pointing forward. Slide your back down the wall until your thighs are parallel to the floor. Do not let your knees come out in front of your toes. Hold until your thigh muscles begin to burn, and then push up to the starting position. Repeat 8 to 10 times.



◀ Side Leg Raise

Stand straight, directly behind a table or chair that you can use for balance if needed, feet slightly apart. Slowly lift one leg 6 to 12 inches out to the side. Keep your back and both legs straight. Don't point your toes outward; keep them facing forward. Hold position for 1 second. Slowly lower leg all the way down. Do 8 to 15 repetitions and then switch legs. Contracting your abdominal muscles and standing with shoulders down, head straight, can help with your balance.



◀ Calf Raises

Stand with the fronts of both feet on a heavy block and one or both hands on a chair or table for balance. Slowly raise up on your toes and then lower. You can also stand on a step. Place the balls of your feet at the edge of the step. Slowly lower your heels until they are as far below the stair as you can manage. Slowly raise your heels until they are as high above the stair as you can reach. Slowly move through the full range of motion about 10 to 12 times.



Three President's Challenge programs

Presidential Youth Fitness Program

- Fitness club for grades K–3 and awards program for grades 4–12
- FITNESSGRAM® test items assess 5 components of health-related fitness
- Students in grades 4–12 who score in the Healthy Fitness Zone® on 5 of the 6 test items are eligible for the Presidential Youth Fitness Award

Presidential Champions Program

- Points-based program
- Online only
- The more active you are, the more quickly you earn an award
 - Gold—160,000 points
 - Silver—90,000 points
 - Bronze—40,000 points

Presidential Active Lifestyle Award Program

- For ages 6 and older
- Emphasizes importance of physical activity and healthy eating habits
- Ages 6–17 must be active at least 60 minutes a day/five days a week and build upon healthy eating goals for six weeks
- Participate in a variety of aerobic, muscle-strengthening, and bone-strengthening activities
- Track your progress online or on paper (see log on page 24)

The Presidential Active Lifestyle Award Challenge

The Presidential Active Lifestyle Award: Activity + Nutrition (PALA+) helps you make and keep a commitment to staying active and eating well. This program is great for individuals of all ages and abilities. This program is great if you are not already active on a regular basis. The PALA+ Challenge is also a good tool to use to help you prepare for the Presidential Youth Fitness Program assessment.

1. Choose a start date.

You can take the Challenge by yourself, or together with friends and family. Choose activities that you enjoy and make you feel good. For example, playing a sport, doing chores around the house, or taking a martial arts or swim class with a friend. You can log activities as routine as riding your bike or walking to the store, but you may want to make your start date the same as the first day of your swim class or your after-school recreation program to help you get started on the right track. Variety is key!

2. Get active.

You need to meet your daily activity goal: 60 minutes a day at least 5 days per week, for a total of 6 weeks. You may also enter the number of steps you take each day tracked on a pedometer. Boys and girls should aim for a minimum of 12,000 steps per day. You can take up to 8 weeks to complete the program. So, if you get off track one week or are sick, don't worry. You can complete the challenge when you feel better.

3. Make healthy eating choices.

Fuel your body with the good foods it needs to help you feel and be your best. There are eight healthy eating goals for you to incorporate each week through the Challenge. You'll add on a new healthy eating goal each week. Try to follow the healthy eating goals every day. Some goals, such as choosing low-fat or fat-free dairy products, may require advanced planning. If you usually drink 2% or have whole milk cheeses or yogurts, coordinate with your family to use 1%, skim, fat-free, or low-fat milk items instead.



What is a pedometer?

A pedometer is a small device worn on your hip; it counts the number of steps that you take.



Healthy Eating Goals



I made half my plate fruits and vegetables.



At least half of the grains that I ate were whole grains.



I chose fat-free or low-fat (1%) milk, yogurt, or cheese.



I drank water instead of sugary drinks (including sports drinks and sodas).



I chose lean sources of protein.



I compared sodium in foods like canned soup and frozen meals and chose foods with less sodium.



I ate seafood 1 to 2 times this week.



I ate smaller portions.

4. Track your activity.

An online activity log makes it easy for you to select and track your healthy eating goals and the time you spend on activities. You can log your time as often as you want, in increments as short as 5 minutes. If you don't want to log your activity online, a free paper log is available to download, too (see page 24). Keep in mind that using the paper log means we won't have an online record of the activity points you earn that could apply to other programs in the President's Challenge.

Visit presidentschallenge.org to get started.

When families share meals, they tend to eat more vegetables and fruits, and fewer unhealthy foods.









5. Earn your award.

When you reach a goal, the Active Lifestyle program recognizes your accomplishment with special awards. Awards are available online or by mail, fax, or phone. You can then continue earning awards in the Active Lifestyle program or move on to the Presidential Champions challenge.



Download your own Active Lifestyle log

You can download and print out an activity log from the President's Challenge website at presidentschallenge.org. Here's a sample log.

	Day	Physical Activities	# of Minutes or Pedometer Steps
Week 1	Mon	Rode Bicycle, Skate Board, PE Class	70
	Tues	Pedometer	13,526
	Wed	Dance Lessons, Walk the Dog, Recess	75
	Thurs	Pedometer	11,177
	Fri	Roller Blading, Street Hockey, PE Class	65
	Sat	Scooter Riding, Soccer	75
	Sun	Went to Park w/family, Karate Lessons	60
Healthy Eating—Select a goal for this week.        			

Participant Signature _____ Date _____

Activities that count might include any teams that you play on, activities in physical education class or at recess, active games with your friends, or any other activity that takes effort.





The Presidential Champions Challenge

The Presidential Champions is another program of the President's Challenge to help active individuals stay active over a longer period of time. Taking part in the program takes just a few simple steps:

1. Create your log.

The Presidential Champions challenge can be completed online only. Visit presidentschallenge.org to get started.

If you already have an online log you started through the PALA+ challenge, you can easily switch your setting to start the Champions challenge.

2. Challenge a friend or family member.

The website allows you to create and join groups. Knowing someone else is in it with you can help to keep you on track.

3. Get active.

Your goal is to see how many points you can earn by being active. You'll earn points for every activity you log from a 5-minute bike ride to a 55-minute soccer practice. Points are based on the amount of energy each activity burns. So the more active you are, the more points you'll get. Remember that variety is best.

4. Earn your award.

The Presidential Champions program recognizes your accomplishments with special awards. The first goal to aim for is a Bronze award. Then you can keep going for a Silver or Gold award. Awards are available online or by mail, phone, or fax.

You'll find all the program details online at presidentschallenge.org. The only thing left to do is to log on and sign up.

Presidential Champions awards

Presidential Champions Gold Award

For anyone who earns 160,000 points in the Presidential Champions Program

Presidential Champions Silver Award

For anyone who earns 90,000 points in the Presidential Champions Program

Presidential Champions Bronze Award

For anyone who earns 40,000 points in the Presidential Champions Program



The Presidential Youth Fitness Program

You can achieve a lifetime of fitness by developing healthy habits today. The Presidential Youth Fitness Program helps students of all ages set and achieve physical activity and fitness goals.

There are five health-related components of physical fitness:

- aerobic capacity
- muscular strength
- muscular endurance
- flexibility
- body composition

The following are the FITNESSGRAM® tests your physical education teacher may use to help assess your health-related fitness as part of your school's participation in the Presidential Youth Fitness Program.

Progress in the five components is measured through tests in six categories:

1. aerobic capacity
2. body composition
3. abdominal strength and endurance
4. trunk extensor strength and flexibility
5. upper body strength and endurance
6. flexibility



Get in the zone!

Most students who participate in physical activity almost every day will be able to achieve a score that will place them in the Healthy Fitness Zone® (HFZ). A student who scores in the HFZ in 5 out of 6 events is eligible to receive the Presidential Youth Fitness Award.



Your school may choose to recognize students with awards from the Presidential Youth Fitness Program. The Presidential Youth Fitness Award is one way to recognize students in grades 4–12 for achieving their health fitness goals. To earn the award, you must achieve the Healthy Fitness Zone® standard on at least five test items from the six test categories.

Students in grades K–3 can also be recognized through the PYFP Fitness Club. To join the club, a student must be able to show they can use the correct form when doing the FITNESSGRAM tests.

Exercise is good for every part of you!

Your Body: Exercise makes your lungs, heart, muscles, and bones stronger. And it helps you have better reflexes and coordination, manage your weight, and fight off disease.

Your Mind: Exercise gets your blood flowing, so more oxygen gets to your brain. You can concentrate better, get better grades, and sleep better.

Your Mood: Exercise affects your brain chemistry. You'll have more energy, feel better, and be better able to keep calm during stressful times.

So get up and move for a total of at least one hour every day, and you'll be a better person in every way!



Understanding Physical Fitness

Physical fitness has many parts. When you are physically fit you have the energy and strength to perform daily activities without getting tired. Also, you have the energy to participate in leisure and recreation activities. When you are fit you have a strong heart, lungs, and muscles. Being fit also improves your mental health and your ability to cope with stressful events.

Being physically active and making healthy eating choices early in life will help you do the things that you want to do well into adulthood.

Measuring Health-Related Physical Fitness

The five parts of health-related fitness are: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition, each of which can be measured and tracked.

Aerobic Capacity, also called cardio (heart) or aerobic fitness, or cardiovascular endurance, is the ability of your heart and lungs to supply the muscles of your body with oxygen: an indicator of aerobic fitness. Exercises like cycling, running, swimming, and walking build your aerobic capacity. How quickly you can run a mile (or shorter distances for younger children) is one way to measure this.

Muscular Strength is the amount of force you exert with a muscle. Your body has many muscles and all of them should be exercised to keep them strong. You should do activities that strengthen your muscles at least three days a week. You can use

Eat smart to be active

Carbohydrate loading is used by some elite athletes to increase the amount of fuel stored in their muscles before a very high intensity athletic event like a marathon. It is not necessary for you to “carbo-load” in order to be fit and healthy. Exercising and eating a variety of foods including complex carbohydrates (found in fruits, vegetables, beans, lentils, and whole-grain rice, breads, and cereals) and protein (found in meat, fish, eggs, beans, and lentils) are key to being healthy, building muscle, and exercising for longer periods of time.

your body weight or additional weights such as barbells. Weight-training machines are popular, too.

Performing strength-training exercises can help you become strong and less likely to get injured when working or playing. Having good muscle strength helps your posture and creates strong bones.



Building muscles

Although it is important for you to eat an adequate amount of protein, consuming additional protein does not promote muscle growth. You can get the right amount of protein from regular food like lean meats, low-fat milk and dairy products, nuts (peanut butter), and beans. Protein supplements are not necessarily needed to build muscle strength.

Muscular Endurance is the ability of your muscles to move for long periods of time (an indicator of a muscle's ability to do work). Exercises like curl-ups and push-ups help build muscular endurance.

You need to build endurance so you have more energy and are able to play or work harder for longer periods of time.

Flexibility is the ability to move your muscles and joints through their full range of motion. Flexible joints and muscles

make it easier to do everyday activities like making your bed or grabbing an item off a high shelf. Being flexible can help prevent injuries and promote relaxation. Stretching increases flexibility. When stretching you should reach easily in a direction and hold the stretch—do not bounce.

Body Composition is the amount of lean body weight (mass), including bones, muscles, and other tissues, compared to the amount of fat weight (mass) in your body. Physically fit people generally have much more lean body mass than fat body mass.

Being active, exercising regularly, and eating healthy will keep your body strong and fit. Adolescent boys and men tend to have less body fat than adolescent girls and women. To find out if your body mass composition is good, ask a physical education or health teacher to measure your percent of body fat.



Why is physical education important?

A well-taught physical education class can provide you with the knowledge, skills, and confidence you need to be active for life—regardless of your ability. You can get most of the physical activity you need for the day during physical education class—including moderate and vigorous activities, and muscle- and bone-strengthening activities.



The President's Challenge

Physical Activity, Nutrition & Fitness Awards Program

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