

Fitness Stars TIP Sheet!

Answers to Frequently Asked Questions

Activity Logs...Getting the Most of Those Minutes!

- Turn in your activity log to your child's teacher ANYTIME!
- Keep track of the number of minutes an activity takes, and then have your child color in the appropriate number of "10" minute blocks.
- Feel free to round up your numbers. For example, if your child's walk to and from the bus stop totals 8 minutes (4 minutes each way), you can color a "10" minute block.
- Each day your child spends about 30 minutes in recess...ask your child what s/he did and count those recess minutes spent being active.
- Each week your child spends 60 minutes in PE...don't forget to count those minutes.
 - Kindergarteners have P.E. once per week for 30 minutes
 - First graders have P.E. twice per week for a total of 55 minutes.
 - Second graders have P.E. once per week for 50 minutes
- Ask your child if he/she danced in music today, stretched in computer class, or done any other physical activity during the day at school, and count those minutes.

- Lots of physical activities count! Remember, moderate to vigorous physical activity reaps the greatest benefits. Moderate physical activity results in some increase in breathing or heart rate, such as walking briskly, swimming, or bicycling on level terrain.
- Need additional Activity Logs? You can print one from the RHPS PTA web site www.rhpspta.org OR ask your child to pick one up at school – either from his/her teacher or from the upright file in the main office.

Fitness Stars...Why Should my Child Participate?

- Children who participate in vigorous physical activity, such as sports, perform better in school (American College of Sports Medicine, August 2006).
- Children who do better on achievement tests are also more physically fit than their peers who don't score as well (California Department of Education, 2004).
- According to the Centers for Disease Control and Prevention (CDC), school-age children should participate daily in 60 minutes or more of moderate to vigorous physical activity.
- Have you, the parent, been looking for a good reason to get physically active...well now you have one! Get physically active with your child, and you will both benefit.
- Fostering physical activity at a young age in a positive way can lead to a lifetime of good health.

Fitness Stars Prizes...

What is the Goal?

- Log an average of 30 hours of physical activity and receive a "Fitness Stars Certificate of Achievement/Participation".
- Log 5 hours of physical activity and receive a Toe Token. (With your first toe token you will be given a chain to attach to your child's backpack.) Students in the class with the most hours of physical activity by March 10, 2010 will receive another prize.
- Graphs showing hours logged by class and lists of participating students will be posted on the Fitness Stars bulletin board at school.

How Can I Encourage my Child... and Make Exercise Fun?

- Fitness Stars is designed to be FUN, so brainstorm with your child to find activities s/he enjoys. Like something not listed on the Activity Log? List the activity of your choice under "Other." Getting bored? Try out something new!
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood, and building snowmen are some favorite childhood pastimes.
- Keep a variety of games and sports equipment on hand. It doesn't have to be expensive – an assortment of balls, hula-hoops, and jump ropes can keep kids busy for hours.
- Feel free to get creative – there's no need to limit your child's activity to traditional sports. Try these fun activities:
 - Practice hopscotch.
 - See how long you can hop on one foot.
 - Do jumping jacks.
 - Invent some dance moves.
 - Do sprints (short running races) and time yourself to see how fast you go.
 - Use a pedometer to count the number of steps between your favorite places, like your house and the park.
 - Set up a scavenger hunt – indoors or outdoors
 - Walk or wash your dog
- Be active together. It'll get you moving and kids love to play with their parents.
- Limit time spent in sedentary activities, such as watching TV,

going online, and playing video games.

- Children who get the necessary sleep and who eat right have more energy...so, if you help your child on these two fronts, s/he is more likely to have energy for physical activity.
- Incorporate physical activity into the daily routine. From household chores to an after dinner walk, keep your family active every day.

More Questions or Suggestions...Who to Contact

- We welcome any suggestions you might have to help the program run more smoothly or to encourage more children to participate.
- Stephanie Warlick, RHPS PTA Health and Safety Liaison at sswarlick@colorworkspromotions.com
- Anne Jacobs Lieberman, Fitness Stars Co-Coordinator at annejacobsliberman@yahoo.com

Additional Resources about the Importance of Physical Activity in Children's Lives.

- www.medicalnewstoday.com
- www.funplaydates.com
- www.acsm.org
- www.actionforhealthkids.org
- www.kidshealth.org

