








































































<p> Got a new pair of sneakers (+2)</p> <p> Played Basketball with Friends (+3)</p> <p> The Healthy Breakfast Team succeeded in serving healthy breakfast choices at school (+3)</p> <p> Created a Bicycle Trade in Program to donate old bikes to children who don't have one (+4)</p> <p> Developed a proposal for the state to provide more funding for public playgrounds (+5)</p>	<p> Took a class at a local gym. (+2)</p> <p> You and your friends make a Facebook group about physical activity(+2)</p> <p> Teacher developed math class to teach geometry at playground (+3)</p> <p> Organized an after school Volleyball Tournament with Local YMCA (+4)</p> <p> Presented Research About Physical Activity at a National Conference with support of the Governor (+5)</p>
<p> You tried rugby for the first time (+2)</p> <p> You went to the park with your friends (+3)</p> <p> Went on a history walk-about in downtown for history class (+3)</p> <p> Volunteered to be on school-wide field day committee (+4)</p> <p> The new district curriculum incorporates movement into classes (+5)</p>	<p> Learned the dance moves from your favorite music video (+2)</p> <p> Instead of going to a movie with your friends, you all went for a walk (+2)</p> <p> Went to the playground with your Math class to learn about angles (+3)</p> <p> Participated in a town-wide technology free day(+4)</p> <p> The American Medical Association stated its support for the National Physical Activity Plan (+5)</p>
<p> Skipped Rope for 10 minutes instead of watching TV (+2)</p> <p> Walked with friends to music carrying our instruments (+2)</p> <p> Music teacher conducted stretching exercise before class today (+3)</p> <p> Helped promote Jump Rope for Heart event with school, Heart Association and local sporting goods store. (+4)</p> <p> Sent letter to state representative asking her to support the FIT KIDS Bill (+5)</p>	<p> Learned to juggle (+2)</p> <p> Played a backyard game of two hand touch football with some friends (+3)</p> <p> Asked teacher to have class outside. Organized stretching activity to focus the class. (+3)</p> <p> Talked to Sportsman Club to organize a family fishing derby (+4)</p> <p> State instituted a policy that students stretch for fifteen minutes in the morning (+5)</p>
<p> Took the dog for a walk (+2)</p> <p> Joined a Family Soccer League (+3)</p> <p> Took a nature hike to identify plants for Science class (+3)</p> <p> Helped park and Recreation to install new jungle gym at local park (+4)</p> <p> Developed a state policy that all students must participate in one after school activity (+5)</p>	<p> Went on a bike ride (+2)</p> <p> Had a Hula Hoop Contest with a couple of friends (+3)</p> <p> Organized an after school volleyball tournament (+3)</p> <p> Organized a town wide Family Fun Day (+4)</p> <p> Class develop a proposal for the state to provide more funding for community parks (+5)</p>

<p> Bought a new pair of Sneakers (+2)</p> <p> Won a family night Wii Boxing Match (+3)</p> <p> Went to the playground with Math class to learn about momentum (+4)</p> <p> Volunteered at a Special Olympics Games in your community (+5)</p> <p> Your class wrote a letter to the governor suggesting the development of a state policy that required a playground in every town (+5)</p>	<p> Attended a Yoga class (+2)</p> <p> Had Birthday party at a paintball course (+3)</p> <p> Built a giant slip and slide for youth group (+4)</p> <p> Organized a walk your dog group in your community (+4)</p> <p> Develop a policy that all Elementary schools must allow 30 minutes for recess (+5)</p>
<p> Swam laps in the pool while on vacation (+3)</p> <p> Went for a walk on the beach for your friends (+3)</p> <p> Talked with the food service director about posting nutritional facts (+4)</p> <p> Helped Dad as volunteer to coach a Little League baseball team (+2)</p> <p> Mom was part of a committee promoting a law requiring children to have physical education in school (+5)</p>	<p> Decided to go to the gym during your free time (+2)</p> <p> Your family cuts backs on fast food (+3)</p> <p> Assisted club advisor in recruiting students for Cross-country ski club (+3)</p> <p> Talked to principal to create a challenge for teachers to take the stairs over the elevator (+4)</p> <p> Met with school committee to present farm to school research (+5)</p>
<p> Opted for physical education class (+2)</p> <p> Played a round of golf with Mom or Dad (+3)</p> <p> PTA organized a Freedom Trail field trip in Boston (+3)</p> <p> Helped organize your church group, and local fitness centers to support a walk-a-thon to benefit (Haiti) (+4)</p> <p> Class wrote local TV station to run public service video on Obama initiative Supporting Healthy Communities Through the American Recovery and Reinvestment Act of 2009 (+5)</p>	<p> Went on a mile Fartlek run (+2)</p> <p> Set up a fitness plan for your family (+3)</p> <p> Went on a nature walk for environmental science class (+3)</p> <p> Chamber of Commerce held a walk about round robin for local businesses (+4)</p> <p> Petitioned the state for funding to send more kids to summer camp (+5)</p>
<p> Tried a new exercise video (+2)</p> <p> Bowled with friends instead of watching a movie (+2)</p> <p> Your school club organized a fitness day (+3)</p> <p> Organized a community canoe race (+4)</p> <p> Met with teachers to advocate for professional development funding and policy for teachers to learn more about fitness. (+5)</p>	<p> Went for a run instead of playing games on the computer (+2)</p> <p> Played a pick-up game of kick ball with new neighbors (+3)</p> <p> Initiated walk-to-school day every April (+4)</p> <p> Talked to local library to create a challenge for patrons to take the stairs over the elevator (+4)</p> <p> You and your parents with Department of Public Works to discuss Safe Routes to School Campaign (+5)</p>

<p> Tried using free weights (+2)</p> <p> Played DDR with the family instead of watching TV (+2)</p> <p> Volunteered field day for local Elementary School (+3)</p> <p> Planned health fair at YMCA for local girls scout troops (+4)</p> <p> Helped plan demonstration for local school board in support of better school policies regarding physical activity (+5)</p>	<p> Took the stairs instead of the Elevator (+2)</p> <p> Went to the park and played ball with friends instead of playing videogames (+2)</p> <p> Made collage in art class with inspirational sayings about being active (+4)</p> <p> Planned cancer walk for the community. (+4)</p> <p> Wrote a letter to congressman endorsing better policies regarding physical activity in schools (+5)</p>
<p> Went swimming to cool off on a hot day instead of sitting inside in the AC (+2)</p> <p> Asked friend to come with you to the gym (+2)</p> <p> Went on rock climbing field trip for science class. Studies rocks and rock formations (+3)</p> <p> Planned a "Clean the Park" day for the community (+4)</p> <p> Asked principal to be considered as a student member of the School Wellness Advisory Committee (+5)</p>	<p> Signed up for Dance lessons (+1)</p> <p> Played with little sister at the playground (+2)</p> <p> Went outside for math. Used pedometers for step counts. (+3)</p> <p> Panel of local medical doctors spoke to your class about the benefit physical activity has on heart and bone health. (+4)</p> <p> Presented state policies on diabetes screening for school-age children (+5).</p>
<p> Walked to school instead of taking the bus (+2)</p> <p> Your parents bought a Wii Fit for you and your family to use (+2)</p> <p> Raised money for more exercise equipment for your school (+3)</p> <p> Organized mini-triathlon for town employees (including teachers).(+3)</p> <p> Sent a letter to the mayor asking him to designate a special week for physical activity awareness (+5)</p>	<p> Used the stairs at the local mall instead of the escalator (+2)</p> <p> Promoted a "family swim night" (+2)</p> <p> Made an exercise plan for teachers to use before class starts in the morning (+3)</p> <p> Ran in a local race with several families to raise money for new bicycles for a local police station (+4)</p> <p> Petitioned local school board to support a physical fitness program with a goal of 150 minutes per week for all students. (+5)</p>
<p> Ran in place during commercials while watching a favorite television show (+2)</p> <p> Walked a brother or sister to their bus stop (+2)</p> <p> Organized a ride your bike to school month with your classmates and teachers (+3)</p> <p> Played in a neighborhood softball game in order to raise money for Haiti victims (+4)</p> <p> Sent a letter to your school advocating a stricter policy towards longer recess (+5)</p>	<p> Rode your bike to school instead of driving (+1)</p> <p> Brought a niece or a nephew to a dance (+3)</p> <p> Played hopscotch with a kindergarten class(+3)</p> <p> Played capture the flag with all the children in the neighborhood (+3)</p> <p> Sent a letter to the state representative asking him to help make a mandatory town meeting talking about physical inactivity (+5)</p>

<p> Ran around the block three times after school today (+2)</p> <p> Taught a younger sibling how to walk your dog (+2)</p> <p> Organized a jump-n-jacks challenge for your school class (+3)</p> <p> Had a clean up day at a local river (+3)</p> <p> Class sent a letter to the president urging stricter guidelines on saturated fats in restaurants (+5)</p>	<p> Did 20 pushups before school (+2)</p> <p> Organized a family run once a week (+2)</p> <p> Promoted benefits of physical activity over the loud speaker on the morning announcements at school (+3)</p> <p> Assisted Girls and Boys Club with Dance class for Senior Center (+4)</p> <p> Wrote to the state senator advocating for a physical activity policy for incarcerated individuals. (+5)</p>
<p> Raked the leaves (+2)</p> <p> Invented a side walk game that kids in the neighborhood play now (+3)</p> <p> Suggested that family goes to family swim night at YMCA (+3)</p> <p> Helped run the Hoops for Heart event at my middle school (+3)</p> <p> Met with Mayor to propose new physical activity program for all public school students(+5)</p>	<p> Signed up for recreation department lacrosse team (+2)</p> <p> Played tag outside with my sister (+2)</p> <p> Went on a canoeing trip this weekend with school outdoor club (+3)</p> <p> Organized a group bike trip with the Girl Scouts to raise childhood obesity awareness(+4)</p> <p> Submitted proposal that middle schoolers can visit high school to see athletic teams (+4)</p>
<p> Ate healthy breakfast this morning because had to run after school (+2)</p> <p> Had a contest with friends to see who could maintain healthy habits the longest(+3)</p> <p> Science class went hiking to study different rock formations (+3)</p> <p> School received funding from local fitness centers to run a Community-Wide Wellness Day (+3)</p> <p> Class started petition to make hiking the State exercise (+5)</p>	<p> Chose to walk home from school instead of take bus (+2)</p> <p> Put together a game of "boot camp" for my brothers in the backyard (+2)</p> <p> Got tutored to get grades up and rejoin athletics team (+3)</p> <p> Met with Lions Club to help organize carnival for Diabetes awareness (+4)</p> <p> Researched and presented data about academic achievement and fitness level (+5)</p>
<p> Chose celery and peanut butter instead of fruit-by-the-foot as a snack today (+2)</p> <p> Promised a friend to walk home from school with her(+2)</p> <p> Teachers organized a rock climbing field trip for interested middle schoolers (+3)</p> <p> Organized a "running shoes donation" event with Goodwill and Salvation army (+4)</p> <p> Developed presentation with suggestion for 5th Graders on how to stay active in Middle School (+5)</p>	<p> Town cuts funding for skateboard park. No forward movement</p>

<p> Walked to school (+2)</p> <p> Went to the local gym for open swim day with your brother (+3)</p> <p> Started an annual road race for a deceased classmate (+3)</p> <p> Middle School After School club partners with the elementary school tutoring program. Committed to incorporating movement into program (+4)</p> <p> MA required you to work out 3 times a week (+5)</p>	<p> Took an aerobics class that was open to the public (+2)</p> <p> Entered into the town road race with your mom (+3)</p> <p> Organized an after school Wii tennis tournament (+3)</p> <p> Helped organize a clean park day in your town (+4)</p> <p> Wrote letter of support to City council members who formed an Activity Reform group and began to develop an activity plan (+5)</p>
<p> Took a walk around town (+2)</p> <p> Played a game of wiffle ball with your friends. (+1)</p> <p> Started the Fitness Fun club for your classmates (+3)</p> <p> Organized a walk-a-thon with the Recreation Department and the school (+3)</p> <p> School's proposal provided more funding for parks (+5)</p>	<p> Opened a door with your own strength instead of pushing any buttons (+2)</p> <p> Went for a walk on the beach with your family (+2)</p> <p> School had a "bring bagged lunch day" (+3)</p> <p> High School athletes visit middle school to talk about the importance of exercise and good nutrition (+4)</p> <p> Made class presentation about U.S. Department of Health commitment to making federal physical activity guidelines a reality (+5)</p>
<p> Cut the grass (+3)</p> <p> Talked to your parents about starting family workout time (+3)</p> <p> Participated in an additional health-related class after school (+3)</p> <p> Helped volunteer at an after school program with various games and sports for a friends Eagle Scouts project (+3)</p> <p> Presented data from recent poll that stated many Americans support the Federal Physical Activity Plan (+5)</p>	<p> Went to the gym for an hour (+2)</p> <p> Planned weekly physical activity with your family (+3)</p> <p> Helped teacher make bulletin boards outlining political figures' stances on health issues (+3)</p> <p> Collaborated with local department store and fitness centers to donate jump ropes to lower-income families. (+4)</p> <p> Proposed jump roping as City Endorsed Physical Activity (+5)</p>
<p> Went rollerblading. (+2)</p> <p> Went snowshoeing with friends. (+2)</p> <p> You met with one of your teachers to discuss having more outdoor learning classes. (+3)</p> <p> You volunteered to play Wii Fit games weekly with seniors at a nearby nursing home. (+4)</p> <p> Presented research on activity-based summer camps for children in your health class (+5)</p>	<p> Congrats! You went shopping and didn't use the escalator. (+2)</p> <p> Went hiking with friends. (+2)</p> <p> You organized a "Walk across America" contest in your school (+4)</p> <p> Started a kid's softball league in your neighborhood. (+4)</p> <p> City council members formed a Physical Activity Reform group. (+5)</p>

<p> You went for a power walk. (+2)</p> <p> You went to the pool with friends. (+2)</p> <p> Asked Marching Band members to wear pedometers for practice. (+4)</p> <p> Organized ballroom dancing at a local nursing home. (+4)</p> <p> Sent a letter to state representative supporting "No Child Left Inside" program. (+5)</p>	<p> Took a Karate class (+2)</p> <p> Shoveled your neighbor's driveway. (+2)</p> <p> Your class acted out a book instead of discussing it. (+3)</p> <p> You got 3 local churches together to do garden work at the hospital. (+4)</p> <p> Started a dog-walking business after reading a national poll showing that people with dogs are more active. (+5)</p>
<p> Parked at the far end of the mall (+3)</p> <p> Organized a wiffle ball game with family and friends. (+3)</p> <p> Organized a volleyball tournament at the school gym. (+3)</p> <p> Organized a nature hike for a local elementary school. (+4)</p> <p> Presented recent research from nation-wide study that found support for children who are more physically active do better in school. (+5)</p>	<p> You started biking to school. (+3)</p> <p> Organized a snowball fight with friends! (+2)</p> <p> Teachers organized a canoe trip for people in your grade. (+3)</p> <p> Your Church Youth Group organized a walk for charity in your community. (+3)</p> <p> Developed off season physical activity policy for your travel team (+5)</p>
<p> Biked to school instead of mom driving (+1)</p> <p> Played in a pick-up game of football(+2)</p> <p> Talked to your Scoutmaster about going to Philmont, NM on a hiking trip (+2)</p> <p> Cleaned up the garbage on Main Street (+4)</p> <p> Developed a policy that has schools allow fifteen minutes in the morning for students to stretch (+5)</p>	<p> Walked to the corner store instead driving (+1)</p> <p> Friends went for a hike (+2)</p> <p> Started a club water polo team at school (+2)</p> <p> Worked with local police department to start safe streets walking program (+4)</p> <p> The Wellness Committee calculated that 2/3 of the town has no sidewalks, so you sent a report to the Mayor's office (+5)</p>
<p> Rained all day. Sat playing computer games. No forward movement</p>	<p> Took the elevator instead of the stairs. No forward movement.</p>



No sidewalks in your neighborhood. Not safe to walk the dog. No forward movement



Late for school again. Mom drove instead of walking. No forward movement



The school committee cut the Physical Education Teacher's position. No forward movement.



Forgot your clothes for Physical Education class. No forward movement



Tried to go on the nature trail for Biology class, but it was completely overgrown. No forward movement.



Learned that Physical Inactivity costs the US over \$207 billion a year. No forward movement.



Wasted a Sunny afternoon on Facebook. No forward movement.



Teacher cancelled recess for whole class as punishment. No forward movement.



FAST FACT

Physical Activity lowers the risk of heart disease

US. Dept of Health and Human Services (2008). Physical Activity Guidelines for Americans

Everyone moves ahead 5 spaces.



FAST FACT

Physical Activity reduces depression in adults.

US. Dept of Health and Human Services (2008). Physical Activity Guidelines for Americans

Everyone moves ahead 5 spaces



FAST FACT

Children do better academically when their bodies are fit

www.cdc.gov

Everyone moves ahead 5 spaces.



FAST FACT

Extra walking related to transit use was estimated at a lifetime savings of \$5,500 per person in 2007 dollars

Edwards R. (2008) "Public Transit, Obesity, and Medical Costs: Assessing the Magnitudes." *Preventive Medicine*, 46(1): 14-21,

Everyone moves ahead 5 spaces



FAST FACT

In 1999, researchers analyzed data from 759 fourth- and fifth-grade students in California and found that students' scores on standardized achievement tests were not adversely affected by an intensive PE program that doubled or tripled PE time. On several test scores, students who spent more time in PE performed better than students in control groups

Sallis J, McKenzie T, Kolody B, et al. "Effects of Health-related Physical Education on Academic Achievement: Project SPARK." *Research Quarterly for Exercise and Sport*, 70(2): 127-134, June 1999.

Everyone moves ahead 5 spaces.



FAST FACT

Living near trails or having trails in one's neighborhood has been associated with people being 50 percent more likely to meet physical activity guidelines and 73 percent to 80 percent more likely to bicycle

Moudon A, Lee C, Cheadle A, et al. (2005) "Cycling and the Built Environment, a US Perspective." *Transportation Research Part D: Transport and Environment*, 10(3): 245-261,

Everyone moves ahead 5 spaces



FAST FACT

Teachers reported better classroom behavior for students who had more than 15 minutes of daily recess.

Barros R, Silver E and Stein R. "School Recess and Group Classroom Behavior." *Pediatrics*, 123(2): 431-436, February 2009.

Everyone moves ahead 5 spaces.



FAST FACT

According to a 2007 study of 259 third- and fifth-grade students, children who performed better on aerobic capacity fitness tests were more likely to score higher on state math and reading exams

Castelli D, Hillman C, Buck S, et al. "Physical Fitness and Academic Achievement in Third- and Fifth-Grade Students." *Journal of Sport and Exercise Psychology*, 29(2): 239-252, April 2007.

Everyone moves ahead 5 spaces



FAST FACT

Elementary and middle school-age boys and girls who walk to and from school are more physically active overall than those who travel to school by automobile.

Cooper AR, Andersen LB, Wedderkopp N, et al. "Physical Activity Levels of Children Who Walk, Cycle or Are Driven to School." *American Journal of Preventive Medicine*, 29(3):179-184, 2005.

Everyone moves ahead 5 spaces.



FAST FACT

Students living within one mile of school were three times more likely to walk to school than to travel by automobile

McMillan, TE. "The Relative Influence of Urban Form on a Child's Trip to School." *Transportation Research Part A: Policy and Practice*, 41(1): 69-79, 2007..

Everyone moves ahead 5 spaces



FAST FACT

More and better-quality sidewalks are associated with adults having both higher rates of walking and of meeting physical activity recommendations, and with a lower likelihood of being overweight..

Ady C, Wilson D, Kirtland K, et al. "Associations of Perceived Social and Physical Environmental Supports with Physical Activity and Walking Behavior." *American Journal of Public Health*, 94(3): 440-443, March 2004.

Everyone moves ahead 5 spaces.



FAST FACT

Residents of neighborhoods with sidewalks on most streets were 47 percent more likely to get moderate-to-vigorous physical activity at least five days per week for at least 30 minutes each day than were residents of neighborhoods with sidewalks on few or no streets

Sallis J, Bowles H, Bauman A, et al. "Neighborhood Environments and Physical Activity among Adults in 11 Countries." *American Journal of Preventive Medicine*, 36(6): 484-490, June 2009.

Everyone moves ahead 5 spaces