

2012



THE HEALTH COALITION

49 E. Fourth Street, Suite 107

Williamsport, PA 17701

For more information, visit

www.lchic.org

or email mcillo@montoursville.k12.pa.us

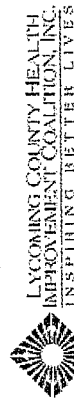
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Dear parents:

Beginning January 9, 2012, our school will be participating in the Lycoming County Fitness Challenge with many other schools around the area. This event is sponsored by the Lycoming County Health Improvement Coalition (aka: The Health Coalition).

The Lycoming County Fitness Challenge is aimed at getting kids to exercise more and awards points to kids at the rate of one point for one minute of physical activity. A student receives twice as many points if they exercise with another adult family member. Exercising with your child can be an enjoyable experience for both of you.

In addition, your child can also earn points by eating fruits and vegetables. They get one point for every serving of a fruit or vegetable they eat per day. (Example: 1 small apple = 1 point or 1 apple and 1/2 cup of green beans = 2 points).

Students should record their activity minutes and nutritional points on the enclosed weekly activity and nutrition diaries. The six-week Challenge begins Monday, January 9, and continues until Friday, February 17.

Every Tuesday, children should take their completed "Take Home Activity/Nutritional Diary" from the previous week back to school for his/her teacher's classroom tallies.

Your child needs to be monitored by you or another responsible adult family member to receive points for physical fitness activity or nutrition. For the points to qualify, a parent or guardian needs to sign the weekly activity and nutrition diaries.

Prizes will be awarded to children who earn 840 fitness points and/or 125 nutrition points over the six-week timeframe.

Remember, we want this to be a fun and enjoyable experience! We're sure your child will learn to understand the many benefits of fitness and nutrition.

Thank you for your participation in this important health challenge.

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or email mcillo@montoursville.k12.pa.us.**

Dates of the Fitness Challenge

Week one: January 9 – January 15 Diary is due January 17	Week four: January 30 – February 5 Diary is due February 7
Week two: January 16 – January 22 Diary is due January 24	Week five: February 6 – February 12 Diary is due February 14
Week three: January 23 – January 29 Diary is due January 31	Week six: February 13 – February 19 Diary is due February 21

Points structure

One minute of out-of-school fitness activity = 1 point
(25 hour maximum per week.)

Fitness activity with a participating adult family member = double points.

Students receive one point for each serving of a fruit or vegetable per day. 1 apple = 1 point or 1 apple and 1/2 cup of green beans = 2 points.

Prize information

Students who earn 840 or more points for out-of-school fitness activities during the Challenge will receive a kick ball.

Students who earn 125 points during the Challenge will earn a free swimming pass to the local YMCA.

The top three students from each school will be invited to an awards luncheon.

Students who return fitness and nutrition logs for all six weeks will be entered to win a bike or scooter with helmets (One bike and one scooter will be awarded per school district).

The top five students overall will receive a \$50 savings bond.

The school with the highest average number of points per student will receive a \$500 grant and a student fitness day.

Additional prizes will be awarded.

What are some examples of exercise?

- Walking
- Jogging
- Running
- Jumping rope
- Playing in the snow
- Biking
- Roller blading or roller skating
- Hula hooping
- Aerobics or cardio-fitness activities
- Most leisure sports such as bowling, volleyball, badminton, track & field, weight lifting
- Competitive team sports such as football, basketball, wrestling, soccer, hockey
- Games such as fleet ball, speedball, Frisbee golf, ultimate Frisbee, kickball, double kickball

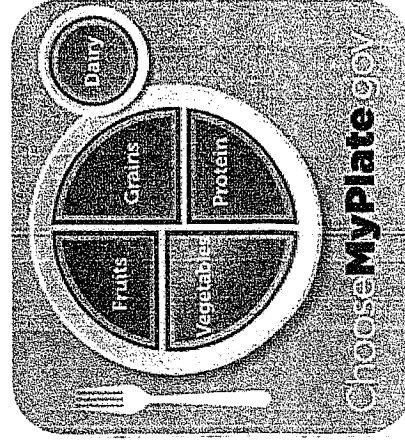
Serving Size of Foods

Fruits

Eat 2 to 4 servings of fruit per day, such as 1 medium-size piece of fruit or 1/2 cup of cooked or chopped fruit.

Dairy

Drink or eat 2 to 3 servings of milk per day. This could be 1 cup of milk or 1 1/2 oz. of cheese (a 1-inch square cube).



Vegetables

Eat 3 to 5 servings of vegetables a day, such as 1 cup raw or cooked vegetables or 1 cup of leafy greens.

Grains

Eat 6 to 11 servings of grains every day. One slice of bread or 1/2 cup of cooked rice or pasta counts as a serving.

Protein

Eat 2 to 3 servings of meat per day, such as 1/2 cup of beans or tofu, 1 egg, or 2 to 3 oz. of meat. A portion of meat the size of a deck of cards equals 2 to 3 oz.

