

We are
All-Americans
Stronger Together



The President's Challenge

**Physical Activity & Fitness Awards Program
2009-2010**

The President's Challenge is a program of the President's Council
on Physical Fitness and Sports, U.S. Department of Health and Human Services.
www.fitness.gov

www.presidentschallenge.org

THE WHITE HOUSE
WASHINGTON

August 3, 2009

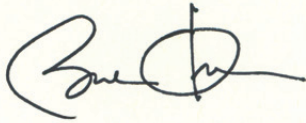
I send greetings to all those participating in the President's Challenge Physical Activity and Fitness Awards Program.

Today, the lives of students, parents, and teachers are packed with activity, and Americans' busy schedules have inspired the theme of this year's President's Challenge program, "Be Active Your Way." Incorporating physical activity into our lives whenever possible is the best way to ensure healthy living.

Exercise benefits the mind, body, and spirit, and maintaining good health helps ward off injury and disease. I created the White House Office of Olympic, Paralympic and Youth Sport to increase our children's access to constructive physical activities. Athletics instill values, judgment, and teamwork, and this Office reflects our commitment to giving all young Americans a chance to thrive. Encouraging children to stay fit into adulthood and making sound investments in the health of our Nation are tasks we cannot take lightly.

As you conduct physical education programs across America, I hope you use the tools provided by the President's Challenge program to motivate your students to meet their full fitness potential. You can also set an example for them by leading an active lifestyle and earning a Presidential Active Lifestyle Award or Presidential Champions medal.

I wish you all the best for a lifetime of health and fitness.



All the best, 

What's Inside

The Youth Physical Fitness Program / 3

Accommodating Students with Disabilities / 3

Physical Fitness Test Instructions / 4

Qualifying Standards / 8

Physical Fitness State Champion School / 9

Physical Fitness Program Class Composite Record / 10

Teaching Aids / 11

Youth Health Fitness Program / 12

Presidential Active Lifestyle Program / 13

Active Lifestyle Activity Log / 14

Presidential Champions Program / 15

President's Challenge Gear / 16

Order Form / Opposite Inside Back Cover

How to Order / Inside Back Cover

Additional School Recognition / Inside Back Cover

Be Active Your Way / Back Cover

The President's Challenge is the long-standing program of the President's Council on Physical Fitness and Sports (PCPFS) dedicated to improving the physical activity and fitness of All-Americans. What started as a simple physical fitness test for youth in the 1960s has evolved into a program that includes:

Physical Fitness Test

A five item fitness test designed to measure the overall fitness of youth ages 6-17. Helping our youth get Stronger Together.

Health Fitness Test

A five item test that recognizes youth for achieving a "healthy level of fitness." Body Mass Index (BMI) is used along with other fitness testing items.

Presidential Active Lifestyle Award (PALA)

An activity-based program where participants of all ages keep track of their physical activities for a period of six weeks. Great for those just getting started.

Presidential Champions

An online tracking tool where registered users earn points toward their Bronze, Silver, and Gold awards. There is also a performance version for those already at an advanced level of fitness.

These individual programs make up the President's Challenge. They offer a way for **All-Americans** to get **Stronger Together**.

The Youth Physical Fitness Program

This program helps assess the current fitness level of youth aged 6–17, and offers awards to encourage them to stay active. Students can try as often as they'd like. Remember – a strong nation begins with healthy individuals!

What It's All About

The Physical Fitness Program includes five events that measure muscular strength/endurance, cardiorespiratory endurance, speed, agility, and flexibility. The program offers the three awards listed in the box below.

Testing Guidelines

The PCPFS recommends fitness testing **at least twice each year**, in the fall and spring. Testing works best as part of a complete physical education program that supports the assessment with educational and motivational information.

Before conducting the President's Challenge, or any youth fitness test, you

should review and take into consideration each individual's medical status to identify medical, orthopedic, or other health problems.

At the onset of testing, make sure everyone taking the test knows the correct techniques for each event, including proper pacing and running style. **There is no limit to the number of tries an individual may have on each event.**

The individual's age at the onset of testing should be used for comparison to the appropriate award standards located on page 8. Qualifying standards are based on the 1985 National School Population Fitness Survey validated in 1998 as referenced.

Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical fitness program. These students can and should be motivated to develop lifetime habits of appropriate physical activity and receive recognition for their achievements in physical fitness. Suggestions for options

that permit boys and girls, ages 6–17, with disabilities to be acknowledged for their achievement are available on the National Center for Physical Activity and Disability (NCPAD) Web site, www.ncpad.org. Use of the President's Challenge awards to recognize those achievements is encouraged.

Teachers or fitness leaders may decide that other students without identified disabilities, such as asthma sufferers, also need modifications in one or more of the test categories or awards. We rely on the professionals in the field to accommodate those special young people. You know your students best.

In some cases, when students do not reach President's Challenge standards on one or more of the test items in the awards program, qualified instructors, using professional judgement, may choose to qualify those students for higher award levels.

NEW CERTIFICATE DESIGNS!

Physical Fitness Program Awards

The Presidential Physical Fitness Award

This award recognizes youth who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile of qualifying standards on all five events are eligible for this award. Emblems available with and without year.



Presidential Physical Fitness Award Emblem + Magnet

(Actual Size: About 3" diameter)
Emblem without year Item Code #013 \$1.50
Emblem with 2010 Item Code #510 \$1.50
Emblem with 2009 Item Code #509 \$.75
Magnet Item Code #041 \$.75



Presidential Physical Fitness Certificate

(Actual Size: 8" x 10") Item Code #015 \$.50

The National Physical Fitness Award

This award is for those who score at or above the 50th percentile on all five events, but fall below the 85th percentile in one or more of the events. This demonstrates a basic, yet challenging, level of physical fitness. Emblems available with and without year.



National Physical Fitness Award Emblem + Magnet

(Actual Size: About 3" diameter)
Emblem without year Item Code #020 \$1.25
Emblem with 2010 Item Code #610 \$1.25
Emblem with 2009 Item Code #609 \$.65
Magnet Item Code #042 \$.75



National Physical Fitness Certificate

(Actual Size: 8" x 10") Item Code #021 \$.25

The Participant Physical Fitness Award

Those whose scores fall below the 50th percentile on one or more events receive this award for taking part in the Physical Fitness Test. Emblems available with and without year.



Participant Physical Fitness Award Emblem + Magnet

(Actual Size: About 2 1/2" diameter)
Emblem without year Item Code #022 \$.75
Emblem with 2010 Item Code #710 \$.75
Emblem with 2009 Item Code #709 \$.40
Magnet Item Code #046 \$.50



Participant Physical Fitness Certificate

(Actual Size: 8" x 10") Item Code #023 \$.25



Bumper Stickers

(Actual Size: 3" x 12")
Presidential Item Code #043 \$.50
National Item Code #044 \$.50

The Youth Physical Fitness Test Instructions

1. Curl-ups

Objective

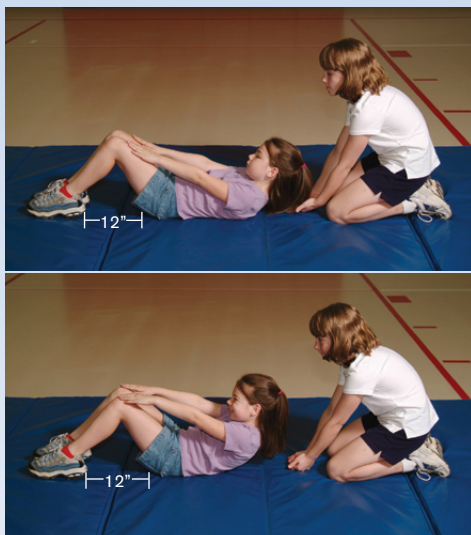
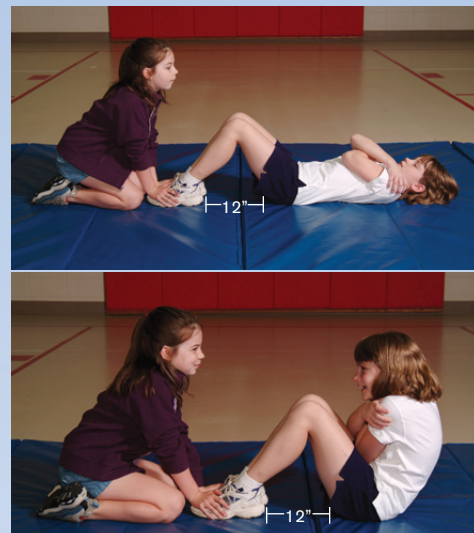
To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk, curling up to touch the outside of forearms and elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 8 for qualifying standards.



OR 1a. Partial Curl-ups

Objective

To measure abdominal strength/endurance by maximum number of curl-ups.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner kneels behind with hands cupped under the student's head. The student being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

Scoring

Record only those curl-ups done with proper form and in rhythm. See page 8 for qualifying standards.

Rationale

Partial curl-ups, completed slowly with knees bent and feet not held, are also an indicator of strength and endurance of the abdominal muscles.

Fitness Fundamental

Did you know... Children and adolescents need time for structured and unstructured physical activity during and outside of the school day.



2. Shuttle Run

Objective

To measure speed and agility.

Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block and runs back across the starting line.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 8 for qualifying standards.

3. Endurance Run/Walk

Objective

To measure heart/lung endurance by fastest time to cover a designated distance.

Testing

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Scoring

Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.



■ Option for 6–7 year olds . . . 1/4 mile ■ Option for 8–9 year olds . . . 1/2 mile
The same objective and testing procedures are used as with the mile run. See page 8 for qualifying standards.

Rationale

Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile. However, some teachers find it easier to administer a shorter run, which provides good information on cardiorespiratory endurance of young children.

Did you know... If the track is a 1/4 mile track (inside lane measurement) and the lanes are 42 inches wide (a common width), then one lap in lane 4 will be .262 miles and one lap in lane 8 will be .279 miles.

4. Pull-ups

Objective

To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing

Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 8 for qualifying standards.



OR 4a. Right Angle Push-ups

Objective

To measure upper body strength/endurance by maximum number of push-ups completed.

Testing

The student starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2–4 inches) with the toes supporting the feet. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

Scoring

Record only those push-ups done with proper form and in rhythm. See page 8 for qualifying standards.

Rationale

Right angle push-ups provide a good indicator of the range of strength/endurance found in children and youth, whereas some are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.



OR 4b. Flexed-Arm Hang

Students who cannot do one pull-up or want an alternative to the pull-ups or right angle push-ups may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective

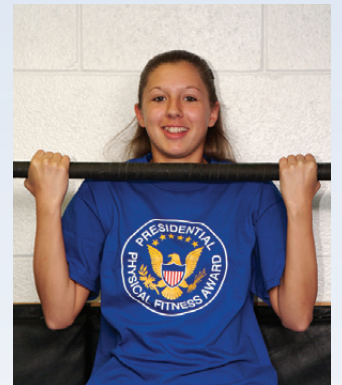
To measure upper body strength by maintaining flexed-arm hang position as long as possible.

Testing

Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring

Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 8 for qualifying standards.



5. V-Sit Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A straight line two feet long is marked on the floor as the baseline. A measuring line four feet long is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8–12 inches apart. With hands on top of each other, palms down, the student places them on measuring line. With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Scoring

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 8 for qualifying standards.



OR 5a. Sit and Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A specially constructed box is used with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available at presidentschallenge.org or by contacting the President's Challenge office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart, and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, the student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring

Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 8 for qualifying standards.

President's Challenge Sit and Reach Box

The President's Challenge offers a sit and reach box to help you test students' flexibility. It has a built-in footplate, a maximum reach indicator, and scales in inches and centimeters. Assembly is easy and requires no tools. See inside back cover for ordering information.



President's Challenge
Sit and Reach Box

Item Code #350
\$119.95



Physical Fitness Test
Score Pads

(Actual Size: 5" x 7")
Item Code #310
\$2.00

Physical Fitness Test Score Pads

Our 50-sheet test score pads make it easy to write down scores and comments on the physical fitness test, then tear off the pages and give them to students, or take them back to your office. See inside back cover for ordering information.

Building a Healthier Nation—One Student at a Time

Qualifying Standards for all students – The Presidential Physical Fitness Test

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
		OR			OR			(min:sec) 1/4 mile	(min:sec) 1/2 mile		
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	09:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
	16	56	73	8.7	+6.0	38	6:08			11	44
	17	55	66	8.7	+7.0	41	6:06			13	53
	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
GIRLS	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
	16	45	49	10.1	+9.0	42	8:23			1	24
	17	44	58	10.0	+8.0	42	8:15			1	25

Chart reflects 85th percentile of scores that students must reach for the Presidential Physical Fitness Award.

The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed- Arm Hang (sec)
		OR			OR			(min:sec) 1/4 mile	(min:sec) 1/2 mile			
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
GIRLS	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
	16	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

Chart reflects 50th percentile of scores that students must reach for the National Physical Fitness Award.

The Participant Physical Fitness Award

Those who attempt all five events but have one or more scores below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org. Click on any category, then choose *Downloads* at the bottom of the page, and see *Forms*.

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Become a Physical Fitness State Champion School

Entry Form

2009–2010 State Champion Physical Fitness Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

E-mail _____ Web site _____

Type of School (Check all that apply)

- ☐ Elementary ☐ Jr. High ☐ Public ☐ Home School
☐ Middle ☐ Sr. High ☐ Private

Deadline:

Entries must be postmarked by **July 1, 2010**. No entries will be processed after this deadline.

- A. Total eligible enrollment* (50 or greater): This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 1, 2010, or the last official day of school, if earlier. *This includes any 6-year-olds in kindergarten.

Category Circle one I II III		
Boys	Girls	Total
A. <input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here		

- B. Total number qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2009–2010 school year.

Boys	Girls	Total
B. <input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here		

- C. Percentage: Divide total eligible enrollment figure (A) into Total Number Qualifying (B)

C. <input type="text"/>
Enter total % here

$$B/A \times 100 = \%$$

Official certification must be completed to enter the competition

I certify that the pupils qualifying were tested in strict adherence to the President's Challenge physical fitness test and scored at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms were used to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Phone _____ E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Physical Fitness Award (PPFA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Phone _____ E-mail _____



The award

Each year, we present three schools in each state with the State Champion Award. Each school must have the highest percentage of its students qualify for the Presidential Physical Fitness Award in its school enrollment category.

The winning school in each category receives a distinctive award certificate and recognition on the President's Challenge Web site. Students at each school who earn the Presidential Physical Fitness Award will receive an additional embroidered emblem and a certificate of recognition. These awards are provided free of charge.

Category 1. Schools with 50–200 students enrolled

Category 2. Schools with 201–500 students enrolled

Category 3. Schools with over 500 students enrolled

How to enter

To be considered for the 2009–2010 school year, award entries must be postmarked no later than July 1, 2010.

1. Complete your President's Challenge testing for the 2009–2010 school year.
2. Complete the enclosed entry form and composite record on the back of this page.
3. Return the entry form to:

The President's Challenge

Attn: State Champion Entries
 501 N. Morton Street, Suite 203
 Bloomington, IN 47404

Fax: 812-855-8999

You can also apply online at www.presidentschallenge.org.

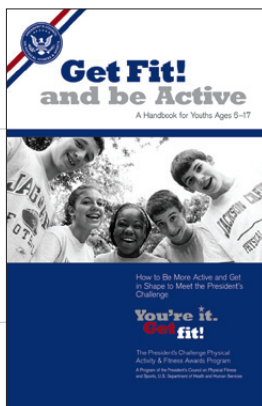
Notification

All schools entering the State Champion program will be notified on October 1. We will send a list of winners to state governors and members of Congress.





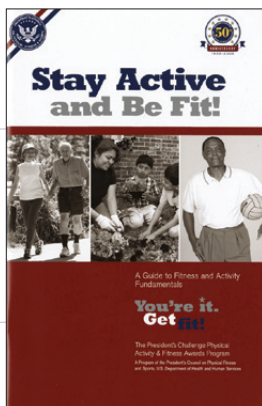
President's Challenge Teaching Aids



**Get Fit! Handbook for Youth
Ages 6-17**

(Actual Size: 5 1/2" x 8 1/2")
Item Code #060 or #061

\$2.50/\$2.00



**Stay Active and Be Fit! Handbook
for Adults**

(Actual Size: 5 1/2" x 8 1/2")
Item Code #062 or #063

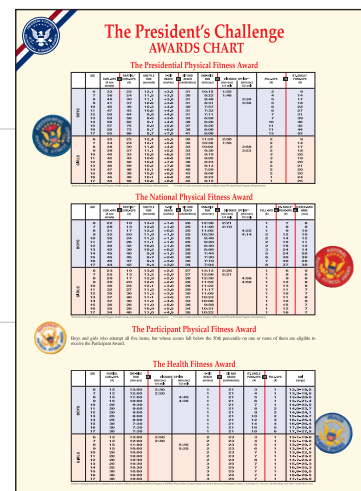
\$2.50/\$2.00



2009-2010 Poster

(Actual Size: 17" x 22")
Item Code #050

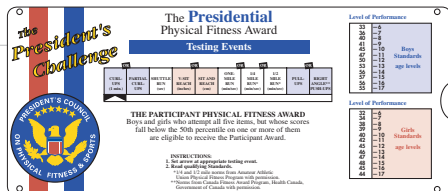
\$1.00



**Awards Wall Chart for the
Physical Fitness and Health
Fitness Programs**

(Actual Size: 16 1/2" x 22 3/4")
Item Code #051

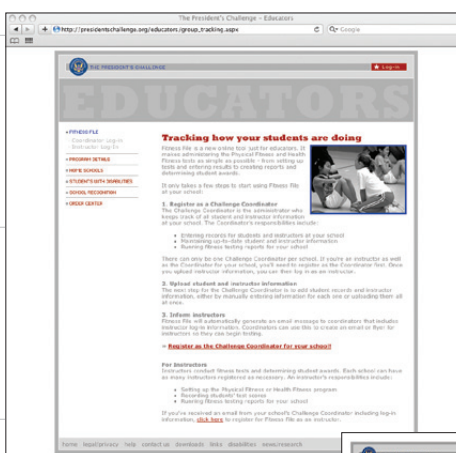
\$1.00



Physical Fitness Slide Chart for the Physical Fitness Program

(Actual Size: 4" x 9")
Item Code #045

\$5.00



Fitness File

Need a good way to keep track of your fitness test scores? Fitness File is a Web-based application that will handle all of your record keeping needs for the physical fitness and health fitness tests. This free service allows you to enter all of your student information, input scores, calculate percentages and awards for each student, and print out a report for the student to take home. It will even give suggestions on how your students can improve their scores for each event or allow you to enter your own comments.

For more information on how to get started using Fitness File, visit our Web site at www.presidentschallenge.org and click on "Fitness File."



Instructor's Emblem

For those who administer the
President's Challenge Program.

(Actual Size: About 3 3/4" diameter)
Item Code #040

\$1.75

President's Challenge Gym Mat

Our new 2' x 6' mat is perfect for students performing the curl-ups, right angle push-ups, or flexibility testing. This 1.5" thick vinyl mat features two folds and handles for easy carrying and storage as well as the President's Challenge logo.

Item Code #360

\$49.95



S1XL(BK) Stopwatch

A great stopwatch for timing the shuttle run, mile run, or curl-ups. The S1XL(BK) is an economical way to get professional timing in your physical education class. It also features the President's Challenge logo.

Item Code #145

\$8.50

The Youth Health Fitness Program

This program recognizes students who achieve a healthy level of fitness. It also offers schools an alternative to the traditional Physical Fitness Program.

Youth can earn the Health Fitness Award by meeting the qualifying standards in each of the five events: partial curl-ups, one-mile run/walk, V-sit or sit and reach, right angle push-ups or pull-ups, and Body Mass Index (BMI).

A BMI calculator can be found on the President's Challenge Web site at www.presidentschallenge.org. Choose any age category, then click on *Tools to Help*.

Health Fitness Test Items

Use criterion referenced standards listed on this page.

1. Partial Curl-ups (page 4)
2. Endurance Run/Walk with distance option (page 5)
3. V-Sit Reach or Sit and Reach option (page 7)
4. Right Angle Push-ups or Pull-ups option (page 6)
5. Body Mass Index (BMI)

Health Fitness Award Standards

	Age	Partial* Curl-Ups (#)	One-Mile Run (min:sec)	Distance Options**		V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	Right Angle Push-Ups (#)	OR	Pull-Ups (#)	BMI (range)
				(min:sec) 1/4 mile	(min:sec) 1/2 mile							
BOYS	6	12	13:00	2:30		1		21	3		1	13.3-19.5
	7	12	12:00	2:20		1		21	4		1	13.3-19.5
	8	15	11:00		4:45	1		21	5		1	13.4-20.5
	9	15	10:00		4:35	1		21	6		1	13.7-21.4
	10	20	9:30			1		21	7		1	14.0-22.5
	11	20	9:00			1		21	8		2	14.0-23.7
	12	20	9:00			1		21	9		2	14.8-24.1
	13	25	8:00			1		21	10		2	15.4-24.7
	14	25	8:00			1		21	12		3	16.1-25.4
	15	30	7:30			1		21	14		4	16.6-26.4
GIRLS	6	12	13:00	2:50		2		23	3		1	13.1-19.6
	7	12	12:00	2:40		2		23	4		1	13.1-19.6
	8	15	11:00		5:35	2		23	5		1	13.2-20.7
	9	15	10:00		5:25	2		23	6		1	13.5-21.4
	10	20	10:00			2		23	7		1	13.8-22.5
	11	20	10:00			2		23	7		1	14.1-23.2
	12	20	10:30			2		23	8		1	14.7-24.2
	13	25	10:30			3		25	7		1	15.5-25.3
	14	25	10:30			3		25	7		1	16.2-25.3
	15	30	10:00			3		25	7		1	16.6-26.5
	16	30	10:00			3		25	7		1	16.8-26.5
	17	30	10:00			3		25	7		1	17.1-26.9

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Health Fitness Award

For youth who meet the qualifying standards on all five events of the Health Fitness Test.



Health Fitness Certificate

(Actual Size: 8" x 10")
Item Code #025
\$.25



Health Fitness Award Emblem

(Actual Size: About 3" diameter)
Item Code #024
\$1.25

How to Determine Body Mass Index

Objective: To estimate body composition.

Rationale: Body composition is important to overall health.

Testing: Determine total body weight in kilograms (2.2 lb = 1 kg) and height in meters (1 in = 0.0254 m). Use the table on our Web site to convert to BMI, or use this formula:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m)}} \quad (\text{Note: height}^2 = \text{height} \times \text{height})$$

Example: A 16 year-old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{1.727\text{m}^2} = \frac{70}{2.98} = 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year-old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range.

The Presidential Active Lifestyle Program

The Presidential Active Lifestyle Award (PALA) program allows people of all ages to receive presidential recognition. The program is designed to motivate participants to be physically active on a regular basis by allowing them to participate in activities they enjoy. With a list of over 100 possible activities, that's easy to do!

Participation in the PALA is one way to meet the Physical Activity Guidelines for Americans (see back cover). The award is available online through an interactive tracking log that allows you and your students to track their progress. A paper-based option is also available (see p. 14).

Additionally, we encourage you to use the PALA to complement your fitness testing. You can help ensure students are regularly active in the weeks leading up

Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	9,000
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	8,500
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50
Participant Signature _____		Date _____

to test administration. If you do fitness testing two times during the year and have your students earn two PALAs in conjunction with that testing, your school may be eligible for recognition as an Active Lifestyle Model School (see p. 19 for details).

The applicability of the program to youth and adults makes the award a useful tool for promoting physical activity throughout your school—to administrators, teachers, parents, and volunteers.

It's easy

- 1. Be Physically Active Each Day** – 60 minutes for youth ages 6 to 17, 30 minutes for adults. Almost any activity counts as long as it involves moving large muscle groups in the body.
- 2. Commit Some Time Each Week** – At least five days per week, and log the activity (you can log activities for the previous 14 days on the Web site).
- 3. Make It Last** – For a period of six weeks.

The AE2790
Item Code #140
\$12.95
(Actual Size: approximately
2 1/4" x 1 1/2")



The AE2790

Pedometer is ultra thin and counts steps, distance walked, and calories burned. It features a clock, an automatic activity timer, and an easy-to-read, oversized display, and it includes a safety leash.

Presidential Active Lifestyle Awards (PALA)

For anyone who meets their daily activity goal 5 days per week for 6 weeks as part of the Active Lifestyle program. You'll also receive five eagle stickers; each time you complete the program, you can apply one to your certificate.



Presidential Active Lifestyle Award Certificate
(Actual Size: 8" x 10")
Item Code #110
\$.50

Presidential Active Lifestyle Award Set

Complete award set includes one of each: Certificate, Emblem, and Strip of Stickers
Item Code #100
\$1.75



Presidential Active Lifestyle Award Emblem
Available only as part of the Presidential Active Lifestyle Award Set



Strip of Stickers
For Presidential Active Lifestyle Award Certificates
Item Code #120
\$.30



Presidential Active Lifestyle Award Lapel Pin
(Actual Size: About 3/4" diameter)
Item Code #150
\$3.00



Bumper Sticker
(Actual Size: 3" x 12")
Item Code #130
\$.50



The Active Lifestyle Activity Log

Participant Name _____ Date Started _____

Date Completed _____

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Verification

I certify that I have met the requirements of the Presidential Active Lifestyle Award

☐ I have met my daily activity goal for at least 5 days each week.

Participant Signature _____

☐ I have performed my physical activities for at least 6 weeks.

Supervising Adult's
Signature (if applicable) _____

Note: Submit this paper log to your teacher or group administrator, or keep for your own records.

Please do not submit to the President's Challenge office. See inside back cover for award ordering information.

The Presidential Champions Program (online only)



The Web-based Presidential Champions Program allows users an unlimited amount of time to earn their award. The program may also be the next step for individuals who earned their PALA and want a little more of a challenge.

Like the PALA, the program is available for people of all ages, offers a variety of activity options, and is another way to meet the Physical Activity Guidelines for Americans (see back cover). The Champions program also allows users to participate on their own, join a group, or create a little friendly competition between classrooms, the school faculty and staff, or among the student body.

With an unlimited amount of time to complete the program, you can encourage a yearly school challenge and recognize the physical activity achievements of the students, faculty, staff, and even parents at the end of each school year.

It's easy

1. Create a log at www.presidentschallenge.org.
2. Get out and do it. The goal is to see how many points users can earn being

active. Points are based on the energy expenditure of each activity, or its MET (metabolic equivalent) value. So the more activity or the higher the intensity, the more points a participant earns.

3. **Log it.** Time can be logged as often as a user chooses, in amounts as short as 5 minutes. Entries are accepted for the previous 14 days.

4. **Earn awards.** The Presidential Champions Program recognizes achievement at a variety of levels. Aim for the Bronze award first and then work toward the Silver and Gold.

Information on the award levels is available below and online at www.presidentschallenge.org. Select any age category and the Presidential Champions link. The only thing left to do is outline the dates of your Challenge and get the word out!

The Advance Performance option is available for those who are highly active. For those individuals who want to go all the way, a Platinum level is also available. See the Web site for more information on these options.

Presidential Champions Awards

Presidential Champions Bronze Award

For anyone who earns 20,000 points in the Presidential Champions Program.

Presidential Champions Silver Award

For anyone who earns 45,000 points in the Presidential Champions Program.

Presidential Champions Gold Award

For anyone who earns 80,000 points in the Presidential Champions Program.



Presidential Champions Medallions (Gold, Silver, Bronze)

(Actual Size: About 2 1/2" diameter)
Item Code #200 (Gold) \$7.00
Item Code #201 (Silver) \$6.50
Item Code #202 (Bronze) \$6.00



Presidential Champions Ribbons (Gold, Silver, Bronze)

(Actual Size: 2" x 7 1/2")
Item Code #220 (Gold) \$1.00
Item Code #221 (Silver) \$.90
Item Code #222 (Bronze) \$.80



Presidential Champions Lapel Pins (Gold, Silver, Bronze)

(Actual Size: About 7/8" diameter)
Item Code #210 (Gold) \$3.50
Item Code #211 (Silver) \$3.25
Item Code #212 (Bronze) \$3.00

Presidential Champions Certificates (Gold, Silver, Bronze)

(Actual Size: 8" x 10")



Item Code #230
\$0.85



Item Code #231
\$.75



Item Code #232
\$.60

Presidential Champions Set

Complete award set includes one of each: Certificate, Medallion, Lapel Pin, and Ribbon
Item Code #240 (Gold) \$10.50, Item Code #241 (Silver) \$10.00, Item Code #242 (Bronze) \$9.50

Take Pride in Your Effort President's Challenge Gear



Trek Water Bottle

This 20 oz. BPA-free aluminum sports bottle is great for any athlete on the go. It features a carabiner clip, screw top, and the President's Challenge logo.

Item Code #315

Price: \$8.95



President's Challenge Sport Pack

Navy, 17" x 18" nylon mesh sport bag w/drawstring closure.

Item Code #301

\$9.95



Physical Fitness Award Lanyards

Presidential Item Code #047

National Item Code #048

Participant Item Code #049

\$1.50 each



Presidential Active Lifestyle Award T-Shirt

Oxford grey with silkscreened logo on chest.

Adult: Small-XXL

Item Code #065

Youth: Medium-Large

Item Code #066



President's Challenge T-Shirt

A great way to promote that we are All-Americans and we are Stronger Together. This 5.3 oz. 100% cotton t-shirt is available in long sleeve and short sleeve so make sure to get both.

Item Code #090 (SS)

Item Code #091 (LS)

Price: \$10.95 (SS)

Price: \$12.95 (LS)

Sizes: Adult Small-XXLarge



Health Fitness Award T-Shirt

Navy blue with silkscreened logo on chest.

Adult: Small-XXL

Item Code #080

Youth: Medium-Large

Item Code #081

NOTE:

President's Challenge shirts are all 5.3 oz.

Presidential Champions shirts are: Bronze 5.6 oz.; Silver and Gold 6.1 oz.

Size Chart	S	M	L	XL	XXL
Men's	34-36	38-40	42-44	46-48	50
Women's (Bust)	34-36	38-40	42-44	N/A	N/A
Women's (Blouse Size)	8-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A



Presidential Champions T-Shirts

White or grey with silkscreened logo on chest (Gold, Silver, Bronze).

Adult: Small-XXL

Item Code #250 (Gold)

Item Code #260 (Silver)

Item Code #270 (Bronze)

Youth: Medium-Large

Item Code #251 (Gold)

Item Code #261 (Silver)

Item Code #271 (Bronze)

President's Challenge Windbreaker

Lightweight and water resistant 100% polyester (unlined) jacket. Unisex style featuring zippered pockets and a drawstring waist with a drop-tail hem in back. Available in black only with "The President's Challenge" embroidered in white on the left chest.

Item Code #099

Price: \$29.95

Sizes: Adult Small-XXLarge



Presidential Physical Fitness Award T-Shirt

Royal blue with silkscreened logo on chest.

Adult: Small-XXL

Item Code #070

Youth: Medium-Large

Item Code #071



National Physical Fitness Award T-Shirt

Red with silkscreened logo on chest.

Adult: Small-XXL

Item Code #072

Youth: Medium-Large

Item Code #073



Participant Physical Fitness Award T-Shirt

White with silkscreened logo on chest.

Adult: Small-XXL

Item Code #074

Youth: Medium-Large

Item Code #075

Presidential Champion Award Baseball Caps

Gold Award (Navy) Item Code #280

Silver Award (Red) Item Code #281

Bronze Award (Tan) Item Code #282

\$14.95 each



All award t-shirts are priced at \$8.50 for adult sizes and \$7.35 for youth sizes.

Quantity discounts are available; see the order form for discounts on 12 or more shirts.

The President's Challenge Order Form 2009-2010

Ship to:

Name (Required) _____

School/Organization _____

Address (no P.O. boxes) _____

City _____

State _____ ZIP Code _____

E-mail _____

Phone Number (_____) _____

☐ Check to be added to our e-mail list.

Billing Address (if different than above):

Name (Required) _____

School/Organization _____

Address (no P.O. boxes) _____

City _____

State _____ ZIP Code _____

Phone Number (_____) _____

☐ Check/Money Order

☐ Bill us (institutional purchase orders only)☐ Card # _____

Exp. Date: ____/____ Security Code _____

P.O. # _____

Signature _____

Please fill out the section below.

(To help us expedite your order, please fill out completely.)

1. School: ☐ Elementary ☐ Middle ☐ Jr. High
☐ Sr. High ☐ Home School ☐ Not a school (skip to question 5)

2. School or agency classification: ☐ Public ☐ Private

3. What is your school's approximate enrollment? _____

4. Does your school district require you to use the President's Challenge Program? ☐ Yes ☐ No

5. How many youth participated? Males _____ Females _____

6. How many qualified for each award?

PALA Presidential National Participant HFA
 Male _____
 Female _____

7. How many students with disabilities participated? _____

How many students with disabilities qualified for each award?
 PALA Presidential National Participant HFA

8. How did you learn about the program? (Please check ONE)

☐ Direct Mail ☐ Contact by Phone

☐ TV ☐ Newspaper ☐ Magazine

☐ National Convention ☐ Fellow teacher/administrator

☐ Professional Association ☐ World Wide Web

☐ Other

9. Are you a previous user? ☐ Yes ☐ No

If yes, how many years? _____

This form may be photocopied.

Mail this completed form to:

**The President's Challenge, 501 N. Morton Street,
 Suite 203, Bloomington, IN 47404**

or fax to: **1-812-855-8999** Phone: **1-800-258-8146**

Active Lifestyle and Champion Awards				Code	Quantity	Unit Price	Amount						
PALA Set (emblem, certificate, stickers)				100		1.75							
PALA Certificate				110		.50							
PALA Stickers				120		.30							
PALA Bumper Sticker				130		.50							
PALA Lapel Pin				150		3.00							
AE2790 Pedometer				140		12.95							
StepLing Pedometer (quantities limited; model and pricing subject to change)				141		7.95							
Presidential Champions	Bronze (202)	Silver (201)	Gold (200)	202		Bronze 6.00							
Medallion				201		Silver 6.50							
				200		Gold 7.00							
Presidential Champions	Bronze (212)	Silver (211)	Gold (210)	212		Bronze 3.00							
Lapel Pin				211		Silver 3.25							
				210		Gold 3.50							
Presidential Champions	Bronze (222)	Silver (221)	Gold (220)	222		Bronze 0.80							
Ribbon				221		Silver 0.90							
				220		Gold 1.00							
Presidential Champions	Bronze (232)	Silver (231)	Gold (230)	232		Bronze 0.60							
Certificate				231		Silver 0.75							
				230		Gold 0.85							
Presidential Champions	Bronze (242)	Silver (241)	Gold (240)	242		Bronze 9.50							
Set (certificate, medallion, lapel pin, ribbon)				241		Silver 10.00							
				240		Gold 10.50							
Physical Fitness Awards													
Presidential Physical Fitness Award Emblem (2009) Includes a free Presidential Certificate*				509		.75							
Presidential Physical Fitness Award Emblem (2010) Includes a free Presidential Certificate*				510		1.50							
Presidential Physical Fitness Award Emblem (blank) Includes a free Presidential Certificate*				013		1.50							
Presidential Award Certificate				015		.50							
National Physical Fitness Award Emblem (2009)				609		.65							
National Physical Fitness Award Emblem (2010)				610		1.25							
National Physical Fitness Award Emblem (blank)				020		1.25							
National Award Certificate				021		.25							
Participant Award Emblem (2009)				709		.40							
Participant Award Emblem (2010)				710		.75							
Participant Award Emblem (blank)				022		.75							
Participant Certificate				023		.25							
Presidential Magnet				041		.75							
National Magnet				042		.75							
Participant Magnet				046		.50							
Presidential Bumper Sticker				043		.50							
National Bumper Sticker				044		.50							
Physical Fitness	Presidential (047)	National (048)	Participant (049)	047		Pres 1.50							
Award Lanyards				048		Nat 1.50							
				049		Part 1.50							
Health Fitness Awards													
Health Fitness Emblem				024		1.25							
Health Fitness Certificate				025		.25							
Teaching Aids													
Instructor's Emblem				040		1.75							
Slide Chart				045		5.00							
S1XL(BK) Stopwatch				145		8.50							
Gym Mat				360		49.95							
President's Challenge Sit and Reach Box				350		119.95							
Physical Fitness Test Score Pads				310		2.00							
2009-2010 Poster (17" x 22")				050		1.00							
Awards Wall Chart (16 1/2" x 22 3/4")				051		1.00							
Get Fit! Handbook (Qty of 1-99)				060		2.50							
(Qty of 100+)				061		2.00							
Adult Get Fit! Handbook (Qty of 1-99)				062		2.50							
(Qty of 100+)				063		2.00							
Apparel	Color	S	M	L	XL	XXL	Code	Quantity	1-11	12-23	24-143	144+	
Adult PALA	Grey						065		8.50	7.75	7.25	6.90	
Youth PALA	Grey						066		7.35	6.60	6.10	5.75	
Adult Presidential Award	Blue						070		8.50	7.75	7.25	6.90	
Youth Presidential Award	Blue						071		7.35	6.60	6.10	5.75	
Adult National Award	Red						072		8.50	7.75	7.25	6.90	
Youth National Award	Red						073		7.35	6.60	6.10	5.75	
Adult Participant Award	White						074		8.50	7.75	7.25	6.90	
Youth Participant Award	White						075		7.35	6.60	6.10	5.75	
Adult Health Fitness	Navy						080		8.50	7.75	7.25	6.90	
Youth Health Fitness	Navy						081		7.35	6.60	6.10	5.75	
Sport Pack	Navy						301		9.95	9.95	9.95	9.95	
Presidential Champions:	Grey						250		8.50	7.75	7.25	6.90	
Adult Gold													
Youth Gold	Grey						251		7.35	6.60	6.10	5.75	
Adult Silver	White						260		8.50	7.75	7.25	6.90	
Youth Silver	White						261		7.35	6.60	6.10	5.75	
Adult Bronze	White						270		8.50	7.75	7.25	6.90	
Youth Bronze	White						271		7.35	6.60	6.10	5.75	
President's Challenge Adult T-Shirt (Short Sleeve)	White						090		10.95	10.95	10.95	10.95	
President's Challenge Adult T-Shirt (Long Sleeve)	White						091		12.95	12.95	12.95	12.95	
President's Challenge Windbreaker	Black						099		29.95	29.95	29.95	29.95	
Gold Cap	Navy						280		14.95	14.95	14.95	14.95	
Silver Cap	Red						281		14.95	14.95	14.95	14.95	
Bronze Cap	Tan						282		14.95	14.95	14.95	14.95	
Trek Water Bottle	Blue						315		8.95	8.95	8.95	8.95	
Shipping & Handling													
(Foreign orders must be prepaid in U.S. currency)									Sub-Total +				
Less than \$25.00 \$5.50									Rush Charge (25% of Sub-Total or \$25.00 whichever is greater) +				
\$25.00-\$49.99 \$6.50													
\$50.00-\$99.99 \$7.50									Shipping & Handling =				
\$100 or more 8% of subtotal									GRAND TOTAL				

*Presidential Certificates without a Presidential Emblem are available for \$.50 each. See Presidential Award Certificates, Item Code #015.

Please allow 18 days from receipt of your order at our program office for delivery of your awards.

How to Order

To order online

Visit www.presidentschallenge.org to place orders 24 hours a day. Allow 18 calendar days for delivery of standard orders from the time you place your order.

You can contact us via e-mail at preschal@indiana.edu.

To order by mail

Fill out the enclosed order form and send to the address below. Please do not send cash. Allow 18 calendar days for delivery of standard orders from the time we receive your order.

The President's Challenge
501 N. Morton Street, Suite 203
Bloomington, IN 47404

To order by phone

Call 1-800-258-8146 to place an order or ask questions. Our toll-free line is open 8 a.m. to 5 p.m., Monday through Friday (Eastern Time). You'll need a credit card or institutional purchase order for phone orders.

To order by fax

Fill out the enclosed order form and fax it to 1-812-855-8999, 24 hours a day. You'll need a credit card for fax orders, along with a phone number or e-mail address where you can be reached. Allow 18 days for delivery of standard orders from the time we receive your order.

Shipping policy

We will send orders over \$5 inside the U.S. by FedEx Ground. All other orders will be sent by the U.S. Postal Service. Please note we cannot send FedEx orders to post office box addresses. When you receive your order, please check it carefully. If your order is incomplete, please contact the program office immediately.

Return policy

As of September 1, 2009, refunds, exchanges, and returns are permitted only for items that are damaged or defective upon receipt. For those items featuring a year or bearing the signature of the President of the United States, we suggest requesting only the number of items that are needed at the time of the order. Thank you for your cooperation with this policy.

Rush orders

For an extra charge, we can guarantee delivery of your order within 4 business days. To place a rush order, just add 25% of the subtotal or \$25 (whichever is greater) to your subtotal. We'll send your order by FedEx Express Two Day Air or FedEx Ground if the destination is within the 2-day delivery zone. Sorry, we cannot accept international rush orders.

International shipping policy

Orders being shipped outside the United States will be charged actual cost via USPS. Please contact us via e-mail at preschal@indiana.edu if you would like a quote for shipping to your international destination. International orders may take longer than our 18 day delivery policy. Sorry, we cannot accept international rush orders.



Additional Ways to Recognize Your School

The following programs are free. Schools receive a certificate and recognition on the President's Challenge Web site, among other items.

President's Council on Physical Fitness and Sports Demonstration Center School

The PCPFS recognizes elementary and secondary schools that meet state physical education standards and clearly emphasize physical activity and fitness in their physical education program.

The PCPFS is pleased to partner with the American College of Sports Medicine (ACSM) on this initiative. A number of ACSM members serve as State Coordinators to help verify a school's commitment to physical activity and fitness. In order to qualify as a Demonstration Center, a school must ensure that students:

- Are active at least 60 minutes a day, in or out of school
- Receive instruction on the importance of physical activity and fitness
- Learn to be active in safe and healthy ways
- Learn skills that help ensure a lifetime of physical activity

Active Lifestyle Model School

Recognizes schools for promoting physical activity to students through the Presidential Active Lifestyle Award.

To be eligible:

- School must have an enrollment of 50 or more students
- At least 35% of the total enrollment must earn the PALA 2 or more times during the school year

Learn more and download an application by visiting the Teachers section on www.presidentschallenge.org and selecting School Recognition.





The President's Challenge

Physical Activity & Fitness Awards Program

www.presidentschallenge.org

501 N. Morton Street · Suite 203 · Bloomington, IN 47404

1-800-258-8146

41-462-20

Be Active Your Way



Physical activity is vital to the health of All-Americans. Current levels of inactivity among children and adults put them at unnecessary risk for a variety of diseases and conditions.

The 2008 Physical Activity Guidelines for Americans outline the amounts and types of activity necessary to maintain or improve health. These science-based guidelines state that for ALL individuals, some activity is better than none. Physical activity is safe for almost everyone, and the health benefits of physical activity far outweigh the risks. When possible, an individual with a disability should meet the guidelines or do as much activity as their condition allows.

How much and what types?

CHILDREN AND ADOLESCENTS (ages 6–17)

- Children and adolescents should do 1 hour (60 minutes) or more of physical activity every day.
- Most of the 1 hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity (e.g., bicycle riding, brisk walking, running, jumping rope, or playing tag, soccer, basketball, or tennis)
- As part of their daily physical activity, children and adolescents should do vigorous-intensity activity on at least 3 days per week (e.g., dancing, running, bicycle riding, martial arts, soccer, cross country skiing, swimming, etc.). They should also do muscle-strengthening activities (e.g., push-ups, pull-ups, tug-of-war, resistance exercises/bands) and bone-strengthening activities (hopping, skipping, jumping, running, gymnastics, basketball, volleyball) on at least 3 days per week.

ADULTS

- Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of the two. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.
- Additional health benefits are provided by doing more aerobic physical activity each week.

facebook

Did you know the President's Challenge has a Facebook group page? Simply log on to your Facebook account and search for the President's Challenge group. Once you join you can view questions and comments from other participants, see video of the testing events, get tips for getting in shape, and stay informed about all things President's Challenge. It's a great way to network with All-Americans taking part in the Challenge!

Fitness is Fun

Our monthly e-newsletter is a great way to have information sent to you in a timely manner. Each month we feature a different President's Challenge advocate, provide fitness tips on all kinds of subjects, include updates on the President's Challenge and the President's Council, include some of the latest research in the field, and ask you a different question about fitness. You might even be lucky enough to have your response listed in the next issue.

To sign up go to www.presidentschallenge.org and visit our news/research page.

- Adults should also do muscle-strengthening activities that involve all major muscle groups on at least 2 or more days per week, in addition to the aerobic physical activity recommendation.

To learn more about the Physical Activity Guidelines for Americans and to take advantage of the resources available to you, please visit www.health.gov/paguidelines.