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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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 the Amateur Athletic Union.
This booklet can be downloaded from the President's Challenge website (www.presidentschallenge.org).

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

About the President's Challenge

In 1956, President Eisenhower recognized the important role that physical activity plays in achieving good health with the establishment of the President's Council on Youth Fitness. President Johnson changed the Council's name to the President's Council on Physical Fitness and Sports and, in 1966, began the Presidential Physical Fitness Award Program, which became the President's Challenge in 1986. 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 and Nutrition (PCFSN) helps Americans of all ages learn how to live a healthy lifestyle through regular physical activity and good nutrition. Millions of American youth between the ages of 6 and 17 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. And you'll find out about lots of activities you can do to get ready to participate in the President's Challenge programs.

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Key Points on Physical Activity and Good Nutrition

Physical Activity Guidelines

The 2008 Physical Activity Guidelines for Americans are the first comprehensive, science-based guidelines developed to inform policy makers and health providers about the amounts, types, and intensity of activity needed to help Americans of all abilities improve their health and reduce their risk of chronic diseases.

If you are physically active every day, your muscles will get stronger, and so will your cardiorespiratory system (heart and lungs). You will likely have less body fat, your bones will be stronger, and you may be less likely to feel anxious, down, or depressed.

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. 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:

- **Aerobic:** Most of your daily exercise should be moderate- or vigorous-intensity aerobic physical activity. Include vigorous-intensity activities 3 days or more each week.
- **Muscle-strengthening:** at least 3 days each week, you should do muscle-strengthening activities.
- **Bone-strengthening:** at least 3 days each week, you should do bone-strengthening activities.

The most important thing is to participate in many different activities that you enjoy!

Example activities

Physical activity is a general term that includes most movements produced by skeletal muscles that result in increased energy expenditure.

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

Physical activity for youth with disabilities

Youth with disabilities should work 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 work 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. If a young person with a disability is unable to meet the general guideline, he or she should be as active as possible and avoid inactivity.

Additionally, boys and girls with disabilities should be encouraged to participate in any one of the awards programs of the President's Challenge. 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 the National Center for Physical Activity and Disability website at www.ncpad.org.

You should be as active as possible at an early age. Building active habits now will help you keep these habits into adulthood.

*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.

The 2010 Dietary Guidelines for Americans

Here's how you can make healthy food and drink choices every day:

Balance Calories

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

> Seafood is a great source of protein. Salmon, trout, sardines, anchovies, herring, oysters, and mackerel are especially good because they contain omega-3 fatty acids.

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.

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 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!

Don't be a couch potato. Here are some suggestions to help you change your habits and become more active:

- **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?
- **Write down where and when you eat** and rate your level of hunger on a scale of 0–10 (0 = "starved" and 10 = "stuffed"). If you snack when you aren't really hungry, while watching TV, for instance—write that down, too. Try to eat snacks only when you really need them—when you are at 0 and it isn't regular meal time.
- **Find a friend to be active with you** or ask your parents to register 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.

President's Challenge awards

I. Presidential Active Lifestyle Award

- For anyone aged 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)

II. 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

III. Presidential Physical Fitness Award

- Five events test fitness
- Do a variety of activities to improve cardiorespiratory fitness, strength, endurance, and flexibility

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

To improve your endurance, strength and/or flexibility, or to prepare to excel in the physical fitness test events or a sport you play, pay attention to your: **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 your 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.

Type

Exercise your body the same way that you are going to use it. Aerobic exercise will not build flexibility, and lifting weights will not increase your aerobic endurance. For flexibility, you must stretch. For aerobic capacity, you must increase your heart rate. For strength, you must work your muscles.

Time

Gradually increase the number of times you do an exercise, the length of time that you do it, and how hard you work when you do it. It takes six to eight weeks to see physical improvements, but you will likely begin to feel better sooner than that.

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. Informal activity, like bike riding with friends, does not require you to do the four phases of exercise described here.

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.

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.

Preventing dehydration

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.

When body water is normal, urine is pale yellow in color (the color of fresh-squeezed lemon juice) and does not have a strong odor. When body water is low, urine is dark yellow in color (the color of apple juice) and may have a strong odor.

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.

Why activities that strengthen muscles and bones and improve flexibility are important

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 to Earn a Physical Fitness Award

On the following pages are some exercises that can help you prepare to meet the President's Challenge Physical Fitness Award standards. 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. You may wish to consider challenging yourself to earn the PALA or a Presidential Champions award prior to taking the test. Signing up for one of these challenges can help you stay on an active track for fitness success.

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, 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.

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.

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 Crunch

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 down on your stomach with arms shoulder-width apart, forearms on the floor and palms facing down. When ready, pull the abdominal muscles up and come up on to the toes so you are supported by your elbows (forearms are still flat on ground) 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 ground 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.

Push-away

Start developing your upper body strength with the push-away. Work up to three sets of 10 in one workout.

Arm/Chest/Shoulder Strength

If you are unable to do a bent knee or right angle (legs straight) push-up, start with the push-away and work up to the more challenging options.

Bent Knee Push-up ▶
Start on your knees. Place your hands on the ground in front of you. Keep hands under your shoulders. Slowly lower yourself to the ground, keeping your abdominal muscles tight. Do not allow your stomach to sag. 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.

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 get a strong start for a long and healthy life.

Dip/Chair Dip ▲

If you have a dip bar, 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. Also, you can do these with chairs as support if you do not have the proper dip bar. 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 was performed on a dip bar.

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 hand 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.

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. It helps you set realistic goals to encourage regular physical activity and healthy eating habits for a lifetime. 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 to take the fitness test.

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!

What is a pedometer?

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

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. Girls should aim for a minimum of 11,000 steps per day and boys a minimum of 13,000 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 choose from. Choose one of them, and work on it for the entire 6 to 8 weeks of 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% milk or have whole milk cheeses or yogurt, ask your mom or dad to by 1%, skim, fat-free, or low-fat items instead.

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, 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 **www.presidentschallenge.org** to get started.

5. Earn your award.

Whenever 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.

Active Lifestyle log example

Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon	Rode Bicycle, Skate Board, PE Class	70
	Tues	Pedometer	12,050
	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_____

Other 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.

You can download this activity log from the President's Challenge website at **www.presidentschallenge.org**.

The Presidential Champions Challenge

The Presidential Champions challenge is for anyone who is already active most days each week and wants a longer-term challenge. 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 www.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 and Gold awards. Awards are available online or by mail, phone, or fax.

You'll find all the program details online at www.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

Why Do We Measure 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 Physical Fitness

The five parts of physical 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 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.

Eat 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.

Building muscle

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. You do not need to take protein supplements.

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 body fat or to calculate your Body Mass Index (BMI). (See page 33.)

Why physical education is important for me

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 your recommended physical activity during physical education class—including moderate and vigorous activities, and muscle- and bone-strengthening activities.

The Presidential Physical Fitness Award

American children have been earning the Presidential Physical Fitness Award since 1966.

- Those who reach or exceed the 85th percentile—the top 15 percent of your age group on all five items of the test—are eligible to receive the Presidential Award for outstanding achievement.
- Those who complete the President's Challenge physical fitness test items and exceed the 50th percentile on all of the test items, but who do not achieve the 85th percentile on one or more, qualify for the National Award.
- Those who complete the President's Challenge physical fitness test, but do not exceed the 50th percentile on all test items, qualify to receive the Participant Award.
- Every youth, regardless of ability, should be allowed to test for one of the awards. Physical activity and being physically fit is just as (maybe even more) important for children with a disability. Work with your physical education teacher or fitness leader to identify the best tests for you to take, as well as standards for you to try to reach. Everyone has a right to be recognized for hard work.
- Earning any of these awards is an important achievement. Try to improve from year to year. Remember that people who are trying to be fit and active are winners!
- Each of the five items in the President's Challenge Physical Fitness Award test measures a specific aspect of fitness.

Qualifying standards for the Physical Fitness Award are on page 32. For more specific percentiles for test events, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org. Select the Forms link under the Download Tools & Resources tab.

Physical fitness award test items

1. Curl-ups OR Partial Curl-ups
abdominal strength/endurance

2. Endurance Run/Walk
heart/lung endurance

3. Pull-ups OR Right Angle Push-ups
upper body strength/endurance

4. Shuttle Run
leg strength/power/agility

5. V-Sit Reach OR Sit and Reach
lower back/hamstring flexibility

Physical Fitness Award Test Items

On the following pages, you'll find the test items that you will be asked to complete when you take the physical fitness test. You can also view these events on our website (www.presidentschallenge.org). When doing these event items make sure you follow the directions. If you are unsure about what to do, ask your instructor.

1. Curl-ups ▼

Lie on a cushioned, clean surface with your knees flexed and feet about 12 inches from your buttocks. Place your hands on the opposite shoulders with your arms crossed. Have a partner hold your feet and count your curl-ups. Holding your elbows close to your chest, raise your trunk up to touch your elbows to your thighs. A complete curl-up is counted for each time you lie back and touch your shoulders to the floor. Do as many curl-ups as you can in one minute without bouncing off the floor.

OR Partial Curl-ups ▲

Lie on a cushioned, clean surface with your knees flexed and your feet 12 inches from your buttocks. Your arms will be extended forward with your fingers resting on your legs and pointed toward your knees. Have a partner cup his or her hands underneath your head. To do a partial curl-up, slide your hands up your legs until your fingers touch your knees. A partial curl-up is complete when you place your head back in your partner's hands. Do one partial curl-up every three seconds until you cannot complete one at this pace. These should be used for regular exercise.

2. Endurance Walk/Run

At the signal "Ready, Go," begin the endurance run on a safe and marked course. You may walk during the test if necessary. Your goal is to complete the one-mile (6 to 7 year olds run one-quarter of a mile) as quickly as possible. However, it is important to start off at a pace you can maintain or even increase over the course of the run. Don't start out too fast.

3. Pull-ups ▲

Grasp a bar, with either an overhand (palms facing away from you) or an underhand (palms facing toward you) grip, and hang from the bar with your feet hanging freely (not touching the floor). Raise your body until your chin clears the bar and then lower yourself back to the beginning position. Try to complete as many pull-ups as you can. Bending your legs or jerking your body to help does not count.

OR Right Angle Push-ups ▲

Lie face down on a mat in the push-up position with your hands under your shoulders, fingers straight; your legs should be straight, parallel, and slightly apart with your toes supporting your feet. Straighten your arms, keeping your back and knees straight. Lower your body until there is a 90-degree angle at your elbows and your upper arms are parallel to the floor, then push back up. Do one push-up every three seconds until you cannot complete one at this pace.

4. Shuttle Run ▼

Start with two lines 30 feet apart. Place two blocks of wood or similar objects behind one line. Go to the opposite line and at the signal "Ready, Go," run to the other line, pick up one block, run back to the line you started at, and place the block on the floor behind the line. Run back to the other line, pick up the second block, and run back and cross the starting line. Do this as fast as you can, without throwing the blocks.

◄ 5. V-Sit Reach

With your shoes off, place your feet 8 to 12 inches apart on a line marked on the floor. This is the baseline, which will be crossed by a measuring line that will be used to measure your flexibility. With hands on top of each other, palms down, and legs held flat, reach across the measuring line as far as possible. Have a partner hold your legs straight and keep your toes facing upward. As you reach forward, exhale and reach as far as you can while staying in good position. Try this three times for practice and the fourth trial will be recorded.

OR Sit and Reach ▲

Using a specially constructed box, sit on the floor with your legs straight and your feet flat against the end of the box. A measuring line is marked on top of the box and is even with your feet. With hands on top of each other, palms down, and legs held flat, place your hands evenly along the measuring line and reach forward as far as you can. Do this three times for practice and your fourth trial will be recorded.

Qualifying Standards for All Students

The Presidential Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 85th percentile in all five activities 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)	OR	Partial* Curl-ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	OR	Distance Options** (min:sec) 1/4 mile	Distance Options** (min:sec) 1/2 mile	Pull-ups (#)	OR	Rt. Angle Push-ups (#)
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
GIRLS	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
	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

The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all five activities 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)	OR	Partial* Curl-ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	OR	Distance Options** (min:sec) 1/4 mile	Distance Options** (min:sec) 1/2 mile	Pull-ups (#)	OR	Rt. Angle Push-ups (#)	OR	Flexed-Arm Hang (sec)
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
GIRLS	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
	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

The Participant Physical Fitness Award

Those who attempt all five activities 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 activities, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org. Click on "Download Tools & Resources" and then 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.

Body Mass Index

Body Mass Index (BMI) is used to compare your weight relative to your height and to estimate your total body fat. It is a good tool to use for most children and adolescents. Here is how to calculate your BMI: w(kg) / h(m)^2

Step One

Convert your weight to kilograms (kg) — 2.2 lbs = 1 kg

Step Two

Convert your height to meters (m) — 1 inch = .0254m

Step Three

Square your height — height x height

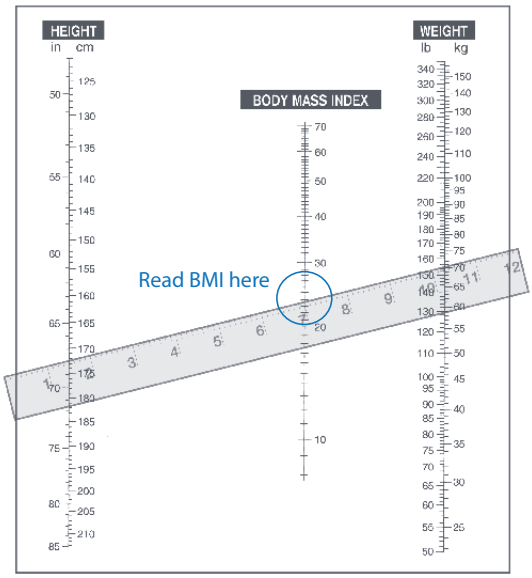
Step Four

Divide your weight by your height squared — w(kg) / h(m)^2

Example

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

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



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

Use this BMI chart for quick calculation. Use a ruler to connect the height column to the weight column and read the BMI number in the middle.

The President's Challenge

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