

# Girl's PE Fit is Fun Home Exercise Program

Who: All students enrolled in Girl's P.E.

What: The Fit is Fun is an optional program with awards and incentives designed to help motivate students to stay physically active outside of class. Students can choose to what extent they would like to participate in the program. Participation in the program does not affect a student's grade.

When: The program will be offered for the entire semester. Awards will be given out the last week of the semester.

Where: The program is designed to be completely out side of school. So at home, fitness gym, dance studio, with your sports team.

So How do you get started? Students can pick up a mileage log in the Girl's Gym. Once all the weeks on the mileage log have been completed and your mileage added up get a new log and keep going. There is no limit to how many mileage logs can be completed and turned in. Remember that your speed limit for one day is 5 miles. Be sure to check how minutes of your activity equals one mile. In order to receive credit in the contest, all logs must be turned in ONE WEEK before the end of the semester.

## Fit is Fun Awards and Incentives:

5 miles (Eeyore): Receive a certificate and one entry in the Grand Prize Drawing.

10 miles (Piglet): Receive a certificate and entry in the Grand Prize Drawing 2 times.

15 miles (Tigger): Receive a certificate and entry in the Grand Prize Drawing 3 times.

20 miles (Goofy): Receive a certificate and entry in the Grand Prize Drawing 4 times.

25 miles (Kim Possible): Receive a certificate, a 25 mile token and entry in the Grand Prize Drawing 5 times.

50 miles (Tinker Bell): Receive a certificate, a 50 mile token, and entry in the Grand Prize Drawing 6 times.

75 miles (Daisy Duck): Receive a certificate, a 75 mile token, a small sports package (water and power bar) and entry in the Grand Prize Drawing 7 times.

100 miles (Minnie Mouse): Receive a certificate, a 100 mile token, a large sports package (sports drink and power bar), and entry in the Grand Prize Drawing 8 times.