

# 6<sup>th</sup> - 8<sup>th</sup> 2009 SUMMER EXERCISE PROGRAM

The goal of this program is to encourage all kids and adults to get outside and exercise during the summer months. Each time you do an aerobic or anaerobic exercise, points can be earned and if a set number of points are accrued, you will earn an ALL SAINTS P.E. shirt which can be worn to school on all P.E. days during the 2009-2010 school year. The shirt is free.

## EXERCISE TYPE AND POINTS POSSIBLE ARE AS FOLLOWS:

Aerobic exercises such as swimming, running, walking, biking, hiking, and rollerblading are worth 3 points for each 20 minutes.

Anaerobic exercises such as basketball, baseball, football, and soccer are worth 1 point for each 20 minutes.

Bonus points can be earned as follows:

Earn 3 points for each friend or relative that participates with you. (Maximum 3 friends)

Earn 2 points each day, for working on your summer time goal.

Earn 10 points for 7 days in a row of exercise lasting 30 minutes or more.

Earn 20 points for 14 days in a row of exercise lasting 30 minutes or more.

Earn 40 points for exercise everyday of a month lasting 30 minutes or more.

10 points for participating in any organized fun run.

## WAYS TO LOSE POINTS:

Lose 5 points for any meal from a fast food restaurant.

Lose 5 points for each soda pop consumed.

Lose 5 points for more than 1 ½ hours of video games played in a day.

Lose 5 points for more than 2 hours of television watched in a day.

Please use calendar provided or one of your own to document summer activities, this SHOULD NOT be filled out by your parents the night before the 1<sup>st</sup> day of school. Form must be signed by a PARENT.

**TOTAL NUMBER OF POINTS NEEDED IS 300. ENJOY**

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						