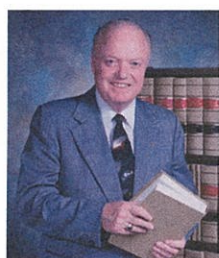


# Have Fun. Stay Fit!

## THE NEW YORK STATE SENATE YOUTH FITNESS CAMPAIGN

Senator Hugh T. Farley • 44th Senate District

### Special Note to Parents



Dear Parent:

Staying fit is an important part of growing up and can teach children wellness and health habits that will remain with them for the rest of their lives.

Unfortunately, many children don't get the physical exercise that they need to stay fit. In fact, more than one-fourth of U.S. school children are overweight, 50 percent more than just 20 years ago.

Overweight children are at much higher risk for developing health problems, such as heart disease, later in life. Being overweight also can impact a child's self esteem, sense of well-being and ability to excel at school.

The Senate Youth Fitness Campaign is designed to help children stay fit by rewarding them for doing the things they already enjoy, like playing sports, skipping, jumping and even helping with household chores.

I hope that you will encourage your child to join the Senate's Youth Fitness Campaign, and complete and return the attached progress chart so that I can recognize their efforts.

While you're at it, why not consider joining in the fun, and take up the fitness habit? You'll send a positive message to your child and feel better about yourself too!



*Hugh T. Farley*



### Funfacts

Your bones need lots of calcium to stay healthy!

Physical activity keeps you healthy and alert!

You may be tired because you're not getting the proper nutrition!

Add five to your age to determine the grams of fiber you need each day!

A can of soda has 9 teaspoons of sugar!

Beans are rich in vitamins, minerals and fiber!

Physical exercise can lift your spirits!

Bread, cereal and noodles are your body's best fuels!

Eating breakfast can help you do better on tests!





## Dear Kids,

The New York State Senate Youth Fitness Campaign is a 10-week program for children in grades 3 through 5 to encourage exercise and good health.

Each day, you should write down your EXERCISE POINT VALUE on the chart below. Point values for different exercises are listed above the chart. The goal is to score 100 points each week doing things you already like to do, like playing sports, running and riding your bike. Helping around the house counts too!

When you reach your goal, send me the chart so that I can send you a special certificate to reward you for your achievement. Most importantly, remember to have fun!

Sincerely,

*Hugh T. Farley*

Physical activity can be done inside or out, in all seasons, should be fun and may range from household chores, to competitive and non competitive sports including games.



- Ice hockey
- Rowing
- Shoveling snow
- Mini-trampoline

### Category A: Vigorous Activity = 20 Points



- Lacrosse
- Hiking
- Jumping rope
- Field hockey



- Basketball
- Aerobics
- Karate
- Hiking

- Soccer
- Tennis
- Judo
- Snowboarding



- Football
- Running
- Tae kwon do
- Gymnastics



- Baseball/softball
- Downhill skiing
- Skateboarding

### Category B: Moderate Activity = 15 Points



- Mowing lawns
- Pull ups
- Swimming



- Vacuuming
- Frisbee
- Badminton
- Tag

### Category C: Light Activity = 10 points



- Using stairs instead of elevator or escalator
- Walking the dog



- Taking out garbage
- Playing hopscotch
- Kickball
- Weeding

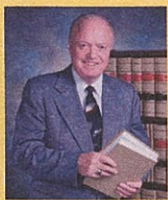


- Walking
- Sit ups
- Push ups



- Dancing
- Washing the car
- Skipping
- Yoga

## New York State Senate Youth Fitness Program



### Senator Farley says...

Staying fit is important. Eating right and exercising helps your body grow and promotes good health. Just a few minutes of exercise every day can make a big difference.

The Senate's Youth Fitness Campaign can help you form

good exercise and fitness habits that stay with you for the rest of your life.

Be sure to fill in the accompanying chart every day so that you can see your progress. Then return it to me at the address below so I can send you an official Senate Youth Fitness Campaign certificate to recognize your achievement. Let's all have fun and stay fit!

Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

WEEK NUMBER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								
WEEK 7								
WEEK 8								
WEEK 9								
WEEK 10								

Please return to: Hugh T. Farley, 412 Legislative Office Building, Albany, NY 12247