

The Kids Rock to a Better Health Rules

Objective: To improve health and fitness of participating members by encouraging walking as a regular part of their day. To get those who are more sedentary involved in an easy fitness program.

Background: It has been scientifically proven that 10,000 steps per day are equal to 30 minutes of moderate cardiovascular exercise. This has been shown to reduce cardiovascular disease by as much as 50%.

From ages 5 year to 10 year recommend 5,000 steps per day. From ages 11 to 18 years recommend 10,000 steps/day.

Rules:

Initial Counseling

1. Each participating member must wear a pedometer to measure their steps. These are given out by the HAWC staff.
2. At that time, kids will be on their way to 5,000 or 10,000 steps per day depending on their age. They may start out at whatever amount they can.
3. This is a 6 week program. **Start on 5 Jan 05 end ends on 16 Feb 05**

Starting the Program

1. Each participant will wear their pedometer daily and record their steps on recording log sheet.
2. This is an honor system. No one knows for sure how many steps you have actually taken except for you. Please be upfront and honest with your inputs.
3. The participant will continue participating in the program until 16 Feb 05.
4. Once you have reached your goal bring your log and kid to the HAWC for their reward.

Awards:

For ages 5 years-10 years old

1. Participant has attained the goal of 50,000 steps – Frisbee
2. Participant has attained the goal of 100,000 steps – Jump rope or small water bottle

For ages 11 year to 18 years old

3. Participant has attained the goal of 150,000 steps – Tee shirt or large water bottle
4. Participant has attained the goal of 300,000 steps - Sweatshirt or lunch box