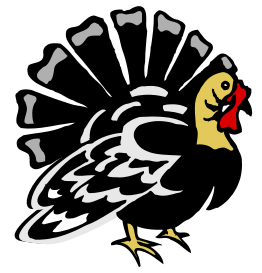


Thanksgiving Log Challenge



Name _____

Grade _____ Teacher _____

Parent Signature _____

Directions: Looking for ways to be physically active over the break? Use this challenge to get active by completing at least 4 out of the 6 activities listed below. Have all individuals who complete each activity initial in the space provided next to each activity description.

Bring your completed Thanksgiving Log Challenge to school on _____(day),
_____ (date).

Please return your signed log to

_____.

(Location and Teacher)

Initial

Description

- | | |
|----------|--|
| _____ 1. | After you finish Thanksgiving dinner, continue your family time with a walk around your block. |
| _____ 2. | As your families gather to watch football (or a favorite television show), take a "time out" and go outside to play. Try to organize a family/friend football game. If you don't like football try tag or play catch! |
| _____ 3. | Enjoy the autumn colors by going outside and playing in the leaves. When you are done offer to help rake and/or bag the leaves! |
| _____ 4. | In preparation for house guests, get active by helping vacuum and dust. Remember all movement counts! |
| _____ 5. | Looking for a quality family fun activity find a board game such as Twister or an electronic device such as the Wii that gets you moving! Don't have the equipment try charades or a dance party to your favorite music. |
| _____ 6. | Other: Choose a favorite activity and fill it in:
_____ |

PARENT NOTE:

Children and adolescents need to get 60 or more minutes of physical activity each day. This should include a combination of moderate-intensity aerobic activity, such as brisk walking, and vigorous-intensity activity, such as running. Activities that increase the heart rate, making conversations difficult while moving, are considered to be moderate to vigorous physical activities. Be sure to include vigorous-intensity aerobic activity on at least three days per week.

Another way for you to determine if you are getting the U.S. Surgeon General's recommendation for daily physical activity is to strive for at least 10,000 steps a day!

For more information on physical activity recommendations please visit www.CDC.gov