



Get Fit! The *Get Fit Handbook for Youth* is a great way to find out all about the President's Challenge. It provides information on all **three program areas** as well as tips about how to earn the awards. This booklet can be downloaded from the Web site at www.indiana.edu/~preschal/getfit.pdf.

For more information, contact:

The President's Council
on Physical Fitness and Sports
(PCPFS)

200 Independence Avenue, SW
Room 738H
Washington, DC 20201

202.690.9000
www.fitness.gov



The President's Challenge
Physical Activity and Fitness
Awards Program

400 E. Seventh Street
Bloomington, IN 47405

800.258.8146
preschal@indiana.edu
www.indiana.edu/~preschal

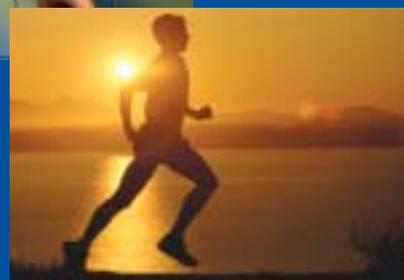


Physical Activity and Fitness for You:

The President's Challenge

A program of the President's
Council on Physical Fitness and Sports
(PCPFS) recognizing youth, parents,
teachers, community leaders, and schools

www.fitness.gov



Overview

The President's Challenge is the Physical Activity and Fitness Awards Program of the President's Council on Physical Fitness and Sports (PCPFS). Starting with the Presidential Physical Fitness Award (PPFA) in 1966, this program has rewarded and motivated millions of youth.

The President's Challenge currently consists of **three distinct program areas**.

Active Lifestyle: This program offers the Presidential Active Lifestyle Award (PALA) and the Presidential Adult Active Lifestyle Award (PAAL to the PALA) to recognize those youth and adults who participate regularly in physical activity.

Physical Fitness: Three award levels are offered for this program. The Presidential Physical Fitness Award (PPFA) is for those who score at or above the 85th percentile on all five events of the physical fitness program. The National Physical Fitness Award (NPFA) is for those who score at or above the 50th percentile, while the Participant Award (PA) is for those who fall below the 50th percentile but attempt all five physical fitness events.

Health Fitness: The Health Fitness Award (HFA) recognizes those who meet a "healthy level of fitness" on all five events of this program, including a body mass index (BMI) calculation.



School Recognition Programs

In an effort to recognize the important role that individual teachers and schools play in our effort to motivate Americans to "Get Fit and Be Active," the President's Council on Physical Fitness and Sports and the President's Challenge offer three different ways that schools can be recognized.

Physical Fitness State Champion

Based upon the results of the Physical Fitness Program, every year we offer three schools in every state the opportunity to become State Champions. Schools are divided into three categories based on enrollment. The schools with the highest percentage of Presidential Physical Fitness Award (PPFA) winners in each category for every state are awarded the State Champion Award. Schools are highly encouraged to enter this free program and reward their school for a job well done!

Active Lifestyle Model School

Based on the results of the Active Lifestyle Program and objectives of Healthy People 2010, we now offer any school the opportunity to become an Active Lifestyle Model School. A Model School is one that has 35 percent or more of their school enrollment earn the Presidential Active Lifestyle Award (PALA) two or more times during the school year.

Physical Activity and Fitness Demonstration Center

Any school that includes a clear emphasis on physical activity and fitness within its physical education program is eligible to become a Demonstration Center. Schools may apply to their state coordinator (identified on our Web site at www.indiana.edu/~preschal) in order to be recognized. In addition to having desirable physical education programs, Demonstration Center schools are open for other teachers, administrators, parents, and other interested parties to observe their program. After serving as a Demonstration Center School for a period of three years, schools are eligible to become an Honor Roll School.



Active Lifestyle Program

This program offers an award for both adults and youth. The Presidential Active Lifestyle Award (PALA) is for youth ages 6–17, while teachers and parents can earn the Presidential Adult Active Lifestyle Award (PAAL to the PALA). The Active Lifestyle Awards were developed to recognize those who begin and continue regular physical activity as a part of their lives, either at school, work, or home. Although daily physical activity will help improve the components of physical fitness (the basis for other awards in the President's Challenge), establishing an active lifestyle receives direct recognition through this award.

Requirements for the PALA



The requirements for the PALA are simple, yet they can lead to improved health status for many children and youth.

Type of Activity: Any activity that causes all or most of the body to move, resulting in increased heart rate and breathing, can be chosen.

Activities can be done alone, in physical education classes, on a team, or with friends and family.

Amount of Activity: There are two ways to keep track of the physical activity for this award. One way is to accumulate a minimum of **60 minutes** of physical activity. This activity can be done at one time for 60 minutes or the minutes of activity can be accumulated in shorter segments throughout the day. Another way to measure your activity is to use a pedometer. The pedometer measures the number of steps taken during the day. The number of pedometer steps that must be reached anytime throughout the day is 11,000 for girls and 13,000 for boys.

Frequency: **Five days a week** is the minimum standard for the award.

Number of Weeks: **Six weeks** of five days per week is the standard for the award. Youth are encouraged to earn the award multiple times.

Requirements for the PAAL to the PALA



This award is for adults (18 years and older), who earn it by being active role models with children and youth. By earning this award, adults can enhance their own health and encourage children and youth to live actively.

As with the PALA, there are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of **30 minutes** of physical activity (either one bout of 30 minutes or shorter segments adding up to 30 minutes).

Another way to measure activity is to accumulate 10,000 steps using a pedometer, which measures the number of steps taken during the day. **The activity must be done at least one day a week with a young person (17 years old or younger).** You may do the activities with different young persons.

You may do many different types of activity, but you must gather 30 minutes of activity or 10,000 pedometer steps at least **five days per week**.

Record your activity (or steps) every day for **six weeks**.

At the end of each week, verify your log by signing your name.

When you have successfully completed all six weeks, have one of the young persons with whom you have been active sign the verification form. Forms can be downloaded from the President's Challenge Web site at www.indiana.edu/~preschal.



Physical Fitness Program

The Physical Fitness Program is an excellent way to assess the current fitness level of youth ages 6–17, and offers participants the opportunity to earn one of three different awards.



The Presidential Physical Fitness Award (PPFA)

The PPFA recognizes youth for achieving an outstanding level of fitness. To earn this award, Presidential Award winners must reach at least the 85th percentile on all five events of the physical fitness program.



The National Physical Fitness Award (NPFA)

The NPFA recognizes youth for achieving a basic, yet challenging level of physical fitness. National Award winners must reach at least the 50th percentile on all five events of the physical fitness program.



The Participant Physical Fitness Award (PA)

The Participant Award is for those who attempt all five events of the physical fitness program but whose scores fall below the 50th percentile on one or more of those items.

What are the components of the Physical Fitness Program?

1. Curl-Ups or Partial Curl-ups for abdominal strength and endurance
2. Shuttle Run for total body coordination
3. Endurance Run: One-mile run (OPTIONS: 6–7 years old: 1/4 mile; 8–9 years old: 1/2 mile) for cardiorespiratory endurance
4. Pull-Ups or Right Angle Push-ups for upper body strength and endurance
5. V-Sit Reach or Sit and Reach for muscular flexibility

Health Fitness Program

The Health Fitness Award can be earned by youth ages 6–17 who have achieved a "healthy level of fitness." Very similar to the Physical Fitness program components, the Health Fitness program also incorporates Body Mass Index (BMI) as a component.



What is BMI? Body Mass Index (BMI) is an easy way to estimate body composition using height and weight.

What are the components of the Health Fitness Program?

1. Partial Curl-Ups for abdominal strength and endurance
2. Endurance Run: One mile run (OPTIONS: 6–7 years old: 1/4 mile; 8–9 years old: 1/2 mile) for cardiorespiratory endurance
3. V-Sit Reach or Sit and Reach for muscular flexibility
4. Right Angle Push-ups or Pull-Ups for upper body strength and endurance
5. Body Mass Index (BMI) for an estimate of body composition

Stay Connected You can join one of our two e-mail lists in order to stay in touch with the President's Challenge!

Fitnessisfun! is our monthly e-mail newsletter that will keep you informed about the President's Challenge, updates on the PCPFS, as well as other fitness-related information.

PCPFS Digest is our subscription list that will inform you when the *PCPFS Research Digest* is available to view and download online from our Web site.

You can join either of these e-mail lists by visiting our Web site at www.indiana.edu/~preschal.