



# GET FIT!

A Handbook For Youth Ages 6-17

How to get in shape to meet The President's Challenge



A Program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services

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GET FIT! A Handbook For Youth Ages 6-17: How to get in shape to meet the President's Challenge

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services.

This booklet can be downloaded from the President's Challenge website at [www.indiana.edu/~preschal/getfit.pdf](http://www.indiana.edu/~preschal/getfit.pdf). For ordering multiple copies of this booklet please contact the President's Challenge office at 800-258-8146 or visit the website at [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal).

Revised 8/2001 by Brendon S. Hale, Ph.D. Candidate, Indiana University, Department of Kinesiology; B.D. Franks, Ph.D., University of Maryland, Department of Kinesiology

Photos and text of exercises on pages 16, 17, 18, 19, 21, 23 and 24 of this booklet reprinted, by permission, from B.D. Franks, E.T. Howley and Y. Iyriboz, 1999, *The Health Fitness Handbook*, (Champaign, IL: Human Kinetics).

## A Message from The President's Council on Physical Fitness and Sports

Be active and improve fitness! Simple advice but it can be one of the most important things you can do to improve how you feel, look, and your current and future health.

This booklet can help you understand and prepare for the three ways you can receive Presidential awards:

1. Be active five days per week for six weeks.
2. Score at high levels on physical fitness tests.
3. Reach health standards for fitness tests.

Start today. Use the suggestions in this book to begin your personal action and fitness program. Add your own ideas to make it fun so that you will continue being active with high levels of fitness throughout your life. Your fitness and health are worth the time and energy you spend!



## Introduction

In 1956 President Eisenhower identified the importance of physical activity for a person's health. In 1966 President Johnson began the Presidential Physical Fitness Program. This program became the President's Challenge in 1986. Since then American youth between the ages of 6 and 17 have been participating in an awards program that rewards all kids for being active, fit and healthy, including those with special needs.

Currently the President's Challenge Physical Activity and Fitness Awards program has 3 separate programs to encourage America's youth to be active, healthy, and fit. One of the primary goals of the President's Challenge is to encourage and promote healthy and active lifestyles among young people.

Since 1966 the Presidential Physical Fitness Award (PPFA) (for outstanding physical achievement) has been awarded to American youth. In 1987 the National Physical Fitness Award (NPFA) was added to the program to reward children who achieve a basic and challenging level of fitness. Beginning in 1991 the Participant Physical Fitness Award (PA) was introduced. This award acknowledges any student who attempts all five events of the President's Challenge but does not meet the standards for the National or Presidential Awards.

In 1996 an award was added to the President's Challenge program to reward children who achieve healthy levels of physical fitness. The Health Fitness Award (HFA) was created to award healthy fitness levels of American youth based on health-criterion standards. In 2001 the Presidential Active Lifestyle Award (PALA) was created to acknowledge children who are active daily for a predetermined

period of time. By earning these awards you are more likely to be active and healthy and less likely to suffer from injuries or health related illnesses.

This booklet is designed to help you BE ACTIVE and GET FIT. On the following pages you can learn how to get in shape, learn the importance of being active every day, and learn how to practice for each event in the President's Challenge Physical Fitness and Health Fitness programs. Being active and improving fitness levels will allow you to receive one or more of the President's Challenge Awards.



## Motivational Tips

Every person can be active and improve physical fitness. By following the instructions in this book you can gain fitness and improve your physical capabilities. With determination, work, and commitment you will improve your physical abilities. All of you can improve your fitness, even those of you who are already active.

When beginning a fitness program it is important to do the correct amount of work. If you try to do too much work too soon you might hurt or injure yourself. Getting in shape requires time and the right amount of effort. When exercising, your effort should be challenging, but not painful. If you feel too much pain or exhaustion you should ease off and talk to your parents or teachers. As you get in better shape your effort will improve.



Being fit and healthy means performing exercises that will improve endurance, flexibility, and strength. There are many advantages to trying to be active in ways that improve these elements of fitness. People who are active are healthier, feel better, and perform better in school and in daily activities.

When you make exercise an important part of your day you will begin to see the benefits. Keep a daily log of your activity. This should include time spent walking, biking, swimming, or running. Many times it is fun and rewarding to include your friends and family members in your physical activities. You can try skating, playing active games, or other fun activities with friends or family members. Oftentimes you will help each other to continue to be active and you can now earn an award for doing just that (see page 7).

Frequently people say that they do not have enough time to be active. Try to set aside a specific time of day to be active; if you can not do this try to be active by watching less television, limiting your time spent on a computer, or playing fewer video games. The most important aspect is making the commitment to being active and healthy. Try your best to be active every day and after a period of time you will begin to see the benefits.

## Principles of Exercise



To improve your fitness level and improve at completing the President's Challenge physical fitness test items you should follow certain principles of exercise **Regularity, Overload, Specificity** and **Progression**.

**Regularity:** Set up a regular schedule for exercising. You should accumulate at least 1 hour of activity daily with more vigorous workouts 3 to 4 days a week. You are more likely to see improvements when you exercise regularly and have a regular schedule for exercise. Additionally, you are more likely to continue to exercise when you have a regular exercise schedule.

**Overload:** For your muscles to get stronger, or your body to get fit, you must work harder when exercising than when you are at rest. Your heart should beat faster and your breathing should increase when you are performing aerobic exercise and when you are lifting weights. Make sure you work harder when you are exercising but do not overdo it. Lifting too much weight or working out too hard can cause you to be injured.

**Specificity:** You need to exercise your body the same way that you are going to use it. For example, aerobic exercise will not build flexibility and lifting weights will not increase your aerobic endurance. To be flexible you must stretch, to be aerobically fit you must do aerobic activities and to become stronger you must work your muscles. To be good at a certain sport or activity you must practice that activity and exercise in ways that are similar to the sport or activity.

**Progression:** Gradually increase the number of times you do an exercise, the length of time that you perform an exercise, and how hard you exercise. It generally takes 6 to 8 weeks to be able to see physical improvements, but you will feel better shortly after starting to exercise. For example, do not increase the number of curl-ups you perform from 5 to 35 in just a few days. You should begin to do a few more curl-ups each week until you have reached your goals.

Following is an outline of how you should exercise:

**Warm-up:** Before you exercise you should always warm up your body. When you warm up your body you increase your blood flow and get your muscles and joints ready to exercise. Most people are warmed up when they begin to sweat and breathe heavier. Warming up makes your muscles more limber and decreases your chance of being injured during exercise.

**Stretching:** Once you have warmed up you can complete stretching exercises that will prepare your whole body and specifically, the muscles that will be used while you are actively exercising.



**Exercise:** Complete the exercise activities in which you choose to participate. Always make sure to take appropriate safety precautions when participating (e.g., wear protective gear) and to exercise for a duration and at an intensity that is appropriate for your fitness level.

**Cooling Down:** Once you have completed exercising you are ready to cool down. It is just as important to cool down after exercise as it is to warm up before exercise. When you cool down you should let your breathing return to normal. It is best to walk around for a few minutes to make sure your breathing is normal and let your heartbeat slow down. After you have walked around for a few minutes following vigorous exercise you are ready to begin your cool down stretches.

The stretching exercises you do after exercise can be the same exercises you did for your warm-up or you can add other stretches. Most importantly you should stretch all major muscle groups, especially those that you used during exercise.

## Physical Activity

Physical Activity is a general term that encompasses most movements that are produced by skeletal muscles and result in an increase in energy expenditure. Being physically active leads to many lifestyle improvements, including physical and mental health benefits. Activities that would generally result in a change in energy expenditure include tumbling, walking to school, and playing games that require movement.

You should try to be as active as possible at an early age. Building active habits now will result in keeping these habits into adulthood.



## Presidential Active Lifestyle Award

The President's Challenge is offering recognition and awards to children who are active. Individuals of all fitness and skill levels can achieve the Presidential Active Lifestyle Award (PALA). The PALA is awarded to children who are active for 60 minutes, at least 5 days a week, for 6 weeks. An additional way to earn the PALA is by using a pedometer that measures the number of steps you take in a day. By completing a minimum of 10,000 steps per day you can earn the PALA. When you earn this award, hopefully, you will have begun to lead an active lifestyle that will continue throughout your life.

### Directions for Recording Physical Activities



### Example

Week 1	Activities	# Minutes or Pedometer Steps
Monday	Rode Bicycle, Skate Board, PE Class	70
Tuesday	Pedometer	12,050
Wednesday	Dance Lessons, Walk the Dog, Recess	75
Thursday	Pedometer	11,177
Friday	Roller Blading, Street Hockey, PE Class	65
Saturday	Scooter Riding, Soccer	75
Sunday	Went to Park w/family, Karate Lessons	60
	Participant Signature	

Other activities that count might include any teams that you play on, activities in physical education class or at recess, active games with your friends or any other activity that takes effort.

This activity log can be downloaded from the President's Challenge website at [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal).

# Physical Fitness

Physical fitness is made up of many parts. When you are physically fit you have the energy and strength to perform daily activities without getting tired. Also, you have the energy to participate in leisure and recreation activities. When you are fit you have a strong heart, lungs, and muscles. Being fit benefits your daily activities and makes it easier to meet daily demands. Fitness also improves your mental health and your ability to cope with stressful events or occurrences. Being fit will help you be successful at recreational activities, school, sports and work.

The time to begin being fit is now! Children who are physically active and eat correctly become healthier and more active adults.

## Measuring Physical Fitness

Each of the four components of physical fitness can be measured. Additionally, specific exercises can be done to improve each of these areas. The four components of physical fitness are: Aerobic Capacity, Muscular Strength and Endurance, Flexibility, and Body Composition.

**Aerobic Capacity**, or the ability of your heart and lungs to supply the muscles of your body with oxygen, is an indicator of aerobic fitness. Exercises like cycling, running, swimming, and walking build this type of endurance. How quickly you can run a mile (or shorter distances for younger children) is a test of cardiorespiratory endurance.

### **Muscular Strength and Endurance**

*Muscular Strength* is the amount of force you can exert with a muscle. There are many muscles in the body and you should exercise all of them to help make all of them strong. The amount of weight you can move can be your body weight or additional weights like a barbell or the weight that is on special weight training machines.

You should do exercises to improve your strength because people who are strong are less likely to get injured when working or playing. Being strong is also good for your posture and helps to strengthen your bones.

*Muscular Endurance*, or the ability of your muscles to move for long periods of time, is an indicator of a muscle's ability to do work. Exercises like curl-ups and push-ups are good for building muscular endurance. The number of repetitions you can do at these exercises is an indicator of muscle strength and endurance.

You need to build endurance so you have more energy and are able to play or work harder for longer periods of time. When you have good endurance you will not be "out of breath" as easily. When your heart and lungs are in good shape you will be healthier and will be less likely to develop some diseases.

**Flexibility**, or the ability to move your muscles and joints through their full range of motion, is beneficial in injury prevention and relaxation. Stretching exercises help you increase your flexibility. When stretching you should reach easily in the direction and hold the stretch, do not bounce.

Flexible people are able to reach, bend and stretch more easily. When you are flexible you are less likely to injure your muscles and joints. Stretching also helps to relieve stress and will help you relax.

Many other factors can help you be fit. Some factors that can help you do well in completing the physical fitness portion of the President's Challenge are Agility, Coordination, and Speed. When you do exercises to improve these factors your performance in daily and sport activities will improve.

**Body Composition** is the amount of lean body mass, including bones, muscles, organs, and tissues, that your body has in comparison to the amount of your body mass that is fat. People who are physically fit generally will have much more lean body mass than fat body mass.

Being active and exercising will give your body and muscles shape. People who exercise generally have less body fat than people who are inactive and are not in shape; additionally, adolescent boys and men tend to have less body fat than adolescent girls and women. If you want to know if your body composition is good ask a physical education or health teacher to measure your percent body fat or to calculate your Body Mass Index (BMI).

# The President's Challenge Physical Fitness Test

American children have been earning a Presidential Physical Fitness Award (PPFA) for fitness since 1966. Those of you who reach or exceed the 85th percentile, meaning the top 15 percent of your age group, on all five items of the test are eligible to receive the PPFA for outstanding achievement. The PPFA is a round blue badge embroidered with an eagle.

Those of you who complete the President's Challenge physical fitness test items and exceed the 50th percentile on all of the test items, but do not achieve the 85th percentile on one or more, qualify for the National Physical Fitness Award (NPFA). The NPFA is a round red badge embroidered with an eagle.

Those of you who complete the President's Challenge physical fitness test but do not exceed the 50th percentile on all test items qualify to receive the Participant Physical Fitness Award (PA). The PA is a round white badge embroidered with an eagle.

Earning any of these awards is something of which to be proud. We encourage you to continue to try to improve from year to year. Remember! People who are trying to be fit and active are all winners!

Each of the five items in the President's Challenge physical fitness test measures a specific aspect of fitness.

## **Curl-ups OR Partial Curl-ups**

abdominal strength/endurance

## **Endurance Run/Walk**

heart/lung endurance

## **Pull-ups OR Right Angle Push-ups**

upper body strength/endurance

## **Shuttle Run**

leg strength/power/agility

## **V-Sit Reach OR Sit and Reach**

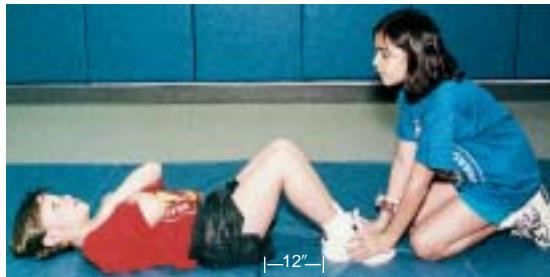
lower back/hamstring flexibility



## Physical Fitness Award (Test Items)

On the following pages are the exercises that you will be asked to complete when you take the President's Challenge. You can also view these events on our website ([www.indiana.edu/~preschal](http://www.indiana.edu/~preschal)). Additionally, there are some suggested exercises that can help you meet the President's Challenge. When doing these exercises make sure you follow the directions. If you are unsure about what to do or would like more or different exercises to perform, ask your instructor.

**Curl-ups:** Lie on a cushioned, clean surface with your knees flexed and feet about 12 inches from your buttocks. Place your hands on the opposite shoulders with your arms crossed. Have a partner hold your feet and count your curl-ups. Holding your elbows close to your chest raise your trunk up to touch your elbows to your thighs. A complete curl-up is counted for each time you lie back and touch your shoulders to



the floor. Do as many curl-ups as you can in one minute. This should be used only for testing purposes — not regular exercise.

**OR Partial Curl-up:** Lie on a cushioned clean surface with your knees flexed and your feet 12 inches from your buttocks. Your arms will be extended forward with your fingers resting on your legs and pointed toward your knees. Have a partner cup his or her hands underneath your head. To do a partial curl-up you will slide your hands up your legs until your fingers touch your knees. A partial curl-up is complete when you place your head back in your partner's hands. Do one partial curl-up every 3 seconds until you cannot complete one at this pace. These should be used for regular exercise.

**Endurance Walk/Run:** At the signal "Ready, Go" begin the endurance run on a safe and marked course. You may walk during the test but you should try to complete the distance in the shortest time possible. Children who are 6 or 7 years old may run one-quarter of a mile and children who are 8 or 9 may run one-half of a mile.



**Pull-ups:** You should grasp a bar, with either an overhand or an underhand grip, and hang from the bar with your feet hanging freely (not touching the floor). You should raise your body until your chin clears the bar and lower yourself back to the beginning position. Try to complete as many pull-ups as you can.



**OR Right Angle Push-ups:** You should lie face down on a mat in the push-up position with your hands under your shoulders, fingers straight, and legs straight, parallel and slightly apart with your toes supporting your feet. Straighten your arms, keeping your back and knees straight while you lower your body until there is a 90-degree angle at your elbows



and your upper arms are parallel to the floor, then push back up. Do one push-up every 3 seconds until you cannot complete one at this pace.

**Shuttle Run:** Start with two lines 30 feet apart. Place two blocks of wood or similar objects behind one line. Go to the opposite line and at the signal "Ready,

Go" run to the other line, pick up one block, run back to the line you started at and place it on the floor behind the line. Run back to the other line, pick up the second block and run back and cross the starting line. Do this as fast as you can, without throwing the blocks.

**V-Sit Reach:** With your shoes off place your feet 8 to 12 inches apart on a line marked on the floor. This is the baseline, which will be crossed by a measuring line that will be used to measure your flexibility. Clasp your thumbs so your hands are together with palms facing down, then place them on the measuring line. Have a partner hold your legs straight and keep your toes facing upward. As you reach forward exhale, and reach as far as you can while staying in good position. Try this three times for practice and the fourth trial will be recorded.

**OR Sit and Reach:** Using a specially constructed box sit on the floor with your legs straight and your feet flat against the end of the box. A measuring line is marked on top of the box and is even with your feet. This line is marked 23 centimeters. Place your hands evenly along the measuring line and reach forward as far as you can. Do this three times for practice and your fourth trial will be recorded.



## The Presidential Physical Fitness Award

	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION** (min:sec) 1/4 mile	OR	DISTANCE OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	OR	RT. ANGLE* PUSH-UPS (#)
BOYS	6	33	22	12.1	+3.5	31	10:15		1:55			2		9
	7	36	24	11.5	+3.5	30	9:22		1:48			4		14
	8	40	30	11.1	+3.0	31	8:48					5		17
	9	41	37	10.9	+3.0	31	8:31					5		18
	10	45	35	10.3	+4.0	30	7:57					6		22
	11	47	43	10.0	+4.0	31	7:32					6		27
	12	50	64	9.8	+4.0	31	7:11					7		31
	13	53	59	9.5	+3.5	33	6:50					7		39
	14	56	62	9.1	+4.5	36	6:26					10		40
	15	57	75	9.0	+5.0	37	6:20					11		42
GIRLS	16	56	73	8.7	+6.0	38	6:08					11		44
	17	55	66	8.7	+7.0	41	6:06					13		53
	6	32	22	12.4	+5.5	32	11:20		2:00			2		9
	7	34	24	12.1	+5.0	32	10:36		1:55			2		14
	8	38	30	11.8	+4.5	33	10:02					2		17
	9	39	37	11.1	+5.5	33	9:30					2		18
	10	40	33	10.8	+6.0	33	9:19					3		20
	11	42	43	10.5	+6.5	34	9:02					3		19
	12	45	50	10.4	+7.0	36	8:23					2		20
	13	46	59	10.2	+7.0	38	8:13					2		21
	14	47	48	10.1	+8.0	40	7:59					2		20
GIRLS	15	48	38	10.0	+8.0	43	8:08					2		20
	16	45	49	10.1	+9.0	42	8:23					1		24
	17	44	58	10.0	+8.0	42	8:15					1		25

## The National Physical Fitness Award

	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION** (min:sec) 1/4 mile	OR	DISTANCE OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	OR	RT. ANGLE* PUSH-UPS (#)	OR	FLEXED-ARM HANG (sec)
BOYS	6	22	10	13.3	+1.0	26	12:36		2:21			1		7		6
	7	28	13	12.8	+1.0	25	11:40		2:10			1		8		8
	8	31	17	12.2	+0.5	25	11:05					1		9		10
	9	32	20	11.9	+1.0	25	10:30					2		12		10
	10	35	24	11.5	+1.0	25	9:48					2		14		12
	11	37	26	11.1	+1.0	25	9:20					2		15		11
	12	40	32	10.6	+1.0	26	8:40					2		18		12
	13	42	39	10.2	+0.5	26	8:06					3		24		14
	14	45	40	9.9	+1.0	28	7:44					5		24		20
	15	45	45	9.7	+2.0	30	7:30					6		30		30
GIRLS	16	45	37	9.4	+3.0	30	7:10					7		30		28
	17	44	42	9.4	+3.0	34	7:04					8		37		30
	6	23	10	13.8	+2.5	27	13:12		2:26			1		6		5
	7	25	13	13.2	+2.0	27	12:56		2:21			1		8		6
	8	29	17	12.9	+2.0	28	12:30					1		9		8
	9	30	20	12.5	+2.0	28	11:52					1		12		8
	10	30	24	12.1	+3.0	28	11:22					1		13		8
	11	32	27	11.5	+3.0	29	11:17					1		11		7
	12	35	30	11.3	+3.5	30	11:05					1		10		7
	13	37	40	11.1	+3.5	31	10:23					1		11		8
	14	37	30	11.2	+4.5	33	10:06					1		10		9
	15	36	26	11.0	+5.0	36	9:58					1		15		7
	16	35	26	10.9	+5.5	34	10:31					1		12		7
	17	34	40	11.0	+4.5	35	10:22					1		16		7

\*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.

\*\*1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

## Getting in Shape to Meet the President's Challenge

On the following pages are some suggested exercises that can help you meet the President's Challenge physical fitness award standards. When doing these exercises make sure you follow the directions. If you are unsure about what to do or would like additional or different exercises to perform, ask your physical education or health teacher.



## Warm-up:

Before you exercise you should always warm up your body. When you warm up your body you get your muscles and joints ready to exercise. Most people are warmed up when they begin to sweat and breathe more heavily. Warming up makes your muscles more limber and decreases your chance of being injured during exercise.

## Flexibility:

When training flexibility you should have already warmed up; you should never perform flexibility exercises when your muscles are cold. Once you have warmed up and are beginning to stretch, the proper form is to stretch until there is some tension on the muscle; do not bounce or try to reach repeatedly while holding a single stretch. When stretching you should reach and hold the stretch while maintaining the proper position for each specific stretching activity.

Following are listed a few examples of flexibility exercises.



### Neck Stretch

While sitting or standing with your head in its normal upright position, slowly tilt it to the right until tension is felt on the left side of your neck. Hold that tension for 10 to 30 seconds and then return your head to the upright position. Repeat to the left side, and then toward the front. Always return to the upright position before moving on.





### Reach to the Sky

Stand with feet shoulder-width apart. Raise both arms overhead so that your hands are intertwined with palms together. Hold for 10 to 30 seconds and relax.



### Reach Back

Stand with feet shoulder-width apart and hold your arms out to the sides with thumbs pointing down. Slowly move both arms back until you feel tension. Hold for 10 to 30 seconds and relax.



### Arm Circles

Stand with feet shoulder-width apart and hold arms straight out to the side with your palms facing up. Start moving your arms slowly in small circles and gradually make larger and larger circles. Come back to the starting position and reverse the direction of your arm swing.

## Side Bend

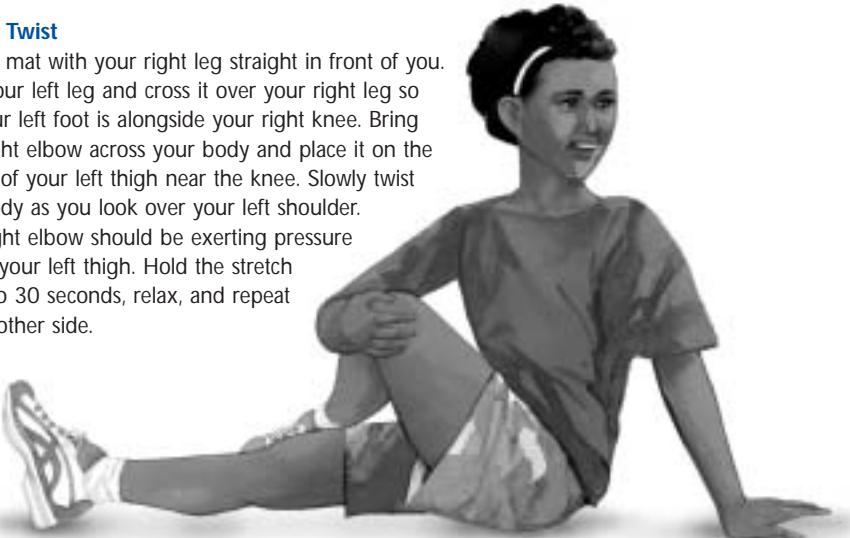
Stand with feet shoulder-width apart and place your hands on your waist. Slowly bend to one side until you feel tension. Hold for 10 to 30 seconds and relax. Repeat on the other side.



## Sit and Twist

Sit on a mat with your right leg straight in front of you. Bend your left leg and cross it over your right leg so that your left foot is alongside your right knee. Bring your right elbow across your body and place it on the outside of your left thigh near the knee. Slowly twist your body as you look over your left shoulder.

Your right elbow should be exerting pressure against your left thigh. Hold the stretch for 10 to 30 seconds, relax, and repeat for the other side.





### Knee to Chest

Lie on your back on a mat with your legs straight. Bend your left knee and bring it up toward your chest. Grasp the underside of your thigh and slowly pull your thigh to your chest. Hold for 10 to 30 seconds. Release, and repeat with the right leg.



### Groin Stretch

Sit on a mat with your knees bent. Put the soles of your feet (or shoes) together and hold onto your ankles. Place your elbows on the inner sides of your knees and slowly apply downward pressure until you feel tension. Hold for 10 to 30 seconds and repeat.

### Hurdler's Stretch

While seated, place one foot on the inside of the other leg just above your knee. Keep the other leg extended and straight. With your back straight, press forward toward the thigh of your extended leg. Use your hands for support. When you feel some tension in the back of your leg hold the stretch for 15 to 20 seconds. Do not bounce while holding this stretch. Repeat twice with legs in each position.



**Thigh Stretch**

Keep your body upright and place the ankle of one of your legs in the hand on the same side of your body. Be sure to keep the leg you are stretching underneath your body and close to the other leg. Hold the stretch for 15 to 20 seconds once you feel some tension in the front of your leg. Repeat twice with each leg.

**Calf Stretch**

Place your hands against a wall while standing upright. Bend one knee to be slightly in front of your body while you extend the opposite leg backward until the foot is placed flat on the floor. With your back straight you should feel some tension in the back of your leg. Hold the stretch for 15 to 20 seconds and repeat twice with each leg.

## Back Flexibility

Kneel on all fours and raise first one arm and then the other arm. Next, raise one leg and then the other leg. Finally, raise the arm and leg from opposite sides and then repeat with the other arm and leg. Do all movements slowly and hold for a few seconds.



## Cat and Camel

On your hands and knees with your head parallel to the floor, arch your back and then let it slowly sag toward the floor. Try to keep your arms straight.



## Aerobic Exercises:

Aerobic exercises are going to help you increase your cardiorespiratory fitness. See below for a few examples of activities that you can do that will help you improve your cardiorespiratory fitness.

Bicycling

Swimming

Skating (Rollerblading)

Running/Jogging/Walking/Hiking

Cross-country Skiing

Hurdler's Jumps

Lateral Jumps

Running Zig-Zags

Soccer

Full-court Basketball

Singles Racquetball/Tennis/Badminton



## Muscular Strength and Endurance Exercises:

After you have warmed up you can begin to perform exercises that will strengthen your muscles and improve your muscular endurance. When doing these exercises always make sure you are using the correct form. Doing excessive repetitions or lifting more weight does not make you stronger sooner. By trying to do too much when performing strengthening exercises you can increase your risk of injury. Always pay attention to your body and its safety. Performing the exercises listed below are some ways you can improve your strength and muscular endurance.

### **Crunch**

Lie down on the floor with your legs bent and your feet placed flat on the floor. Cross your arms on your chest. Lift your chest toward your knees until your shoulders come off of the floor. Lie back down once your shoulders come off the floor. Repeat for a predetermined number of repetitions.



### **Diagonal Curl**

To strengthen different parts of the abdominal muscles than those developed with the curl-up, alternate the diagonal curl to the left and to the right.



## Push Away

Start developing your upper body with the push-away until you can comfortably do three sets of 10 in one workout.



## Bent Knee Push-up

Once you meet your goal for push-aways, try the bent-knee push-up, starting with two sets of 5 and increasing until you can do two sets of 10 in a single workout.





### Right Angle Push-up

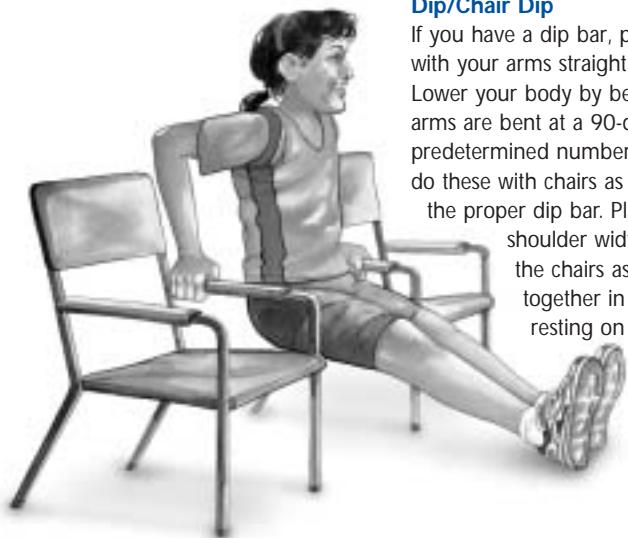
You should lie face down with your hands under your shoulders, fingers straight, legs straight, parallel and slightly apart with your toes supporting the feet. Straighten your arms while keeping your back and knees straight, lower your body until you have a 90-degree angle at the elbows. Repeat for a predetermined number of repetitions.

### Modified Pull-up

Place a pole or pipe that will support your body weight on the seat of two chairs that are about four feet apart. Lie on your back underneath the bar and grasp it with both hands about shoulder width apart. Pull your chest up to the bar keeping your body straight from head to toe. Lower your body back to the floor, repeat for a predetermined number of repetitions.

### Dip/Chair Dip

If you have a dip bar, place your hands on the bars with your arms straight and your feet hanging free. Lower your body by bending your elbows until your arms are bent at a 90-degree angle. Repeat for a predetermined number of repetitions. Also, you can do these with chairs as support if you do not have the proper dip bar. Place two chairs approximately shoulder width apart and use the arms of the chairs as your support. Place both feet together in front of you with your heels resting on the floor and legs straight. Perform the dip the same as it was performed on a dip bar.



## Cooling Down:

Once you have completed exercising you are ready to cool down. It is just as important to cool down after exercise as it is to warm up before exercise. When you cool down you should let your breathing return to normal. It is best to walk around for a few minutes to make sure your breathing is normal and let your heartbeat slow down. After you have walked around for a few minutes following vigorous exercise you are ready to begin your cool-down stretches.

The stretching exercises you do after exercise can be the same exercises you did for your warm-up or you can add other stretches. Most importantly you should stretch all major muscle groups, especially those that you used during exercise.



## Health Fitness Award

Another program of the President's Challenge is the Health Fitness Award (HFA). The HFA can be achieved if you reach the scores for your age group on the following chart. By reaching these scores you will have attained "a healthy level of fitness."

Most of the events of the Health Fitness Award are the same as the physical fitness test, with the addition of a measure of body fat, the Body Mass Index (BMI). The following items make up the Health Fitness Award:

Partial curl-ups

One Mile Run/Walk or the appropriate distance options for age

V-sit Reach or the Sit and Reach option

Right angle push-ups or the Pull-up option



### The Health Fitness Award

	AGE	PARTIAL CURL-UPS (#)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION (min:sec)	V-SIT REACH (inches)	OR	SIT AND REACH (centimeters)	RT. ANGLE PUSH-UPS (#)	OR	PULL-UPS (#)	BMI (range)
BOYS	6	12	13:00		2:30			1	21	3	1	13.3-19.5
	7	12	12:00		2:20			1	21	4	1	13.3-19.5
	8	15	11:00				4:45	1	21	5	1	13.4-20.5
	9	15	10:00				4:35	1	21	6	1	13.7-21.4
	10	20	9:30					1	21	7	1	14.0-22.5
	11	20	9:00					1	21	8	2	14.0-23.7
	12	20	9:00					1	21	9	2	14.8-24.1
	13	25	8:00					1	21	10	2	15.4-24.7
	14	25	8:00					1	21	12	3	16.1-25.4
	15	30	7:30					1	21	14	4	16.6-26.4
GIRLS	16	30	7:30					1	21	16	5	17.2-26.8
	17	30	7:30					1	21	18	6	17.7-27.5
	6	12	13:00		2:50			2	23	3	1	13.1-19.6
	7	12	12:00		2:40			2	23	4	1	13.1-19.6
	8	15	11:00				5:35	2	23	5	1	13.2-20.7
	9	15	10:00				5:25	2	23	6	1	13.5-21.4
	10	20	10:00					2	23	7	1	13.8-22.5
GIRLS	11	20	10:00					2	23	7	1	14.1-23.2
	12	20	10:30					2	23	8	1	14.7-24.2
	13	25	10:30					3	25	7	1	15.5-25.3
	14	25	10:30					3	25	7	1	16.2-25.3
	15	30	10:00					3	25	7	1	16.6-26.5
	16	30	10:00					3	25	7	1	16.8-26.5
	17	30	10:00					3	25	7	1	17.1-26.9

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

The final item of the Health Fitness Award is BMI. This is used to compare your weight relative to your height and estimate your total body fat. Here is how to calculate your BMI:

$$w(\text{kg}) / h(\text{m})$$

Example:

Step One: Convert your weight to kilograms (kg)

$$2.2 \text{ lbs} = 1 \text{ kg}$$

Step Two: Convert your height to meters (m)

$$1 \text{ inch} = .0254\text{m}$$

Step Three: Square your height

$$\text{height} \times \text{height}$$

Step Four: Divide your weight

by your height squared

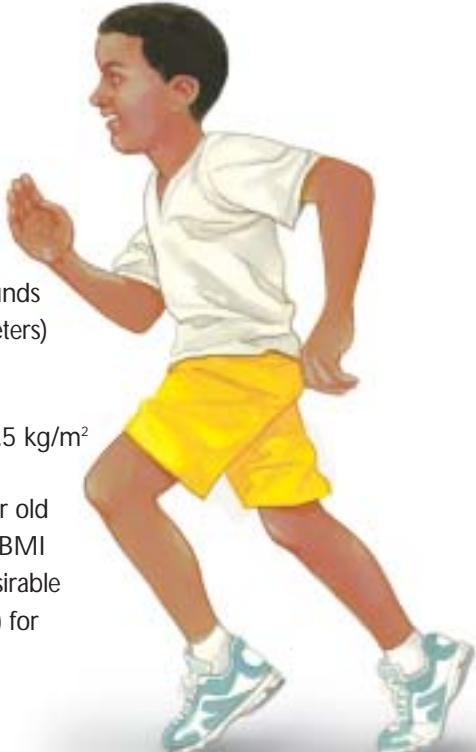
$$w(\text{kg}) / h(\text{m})^2$$

Example:

A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

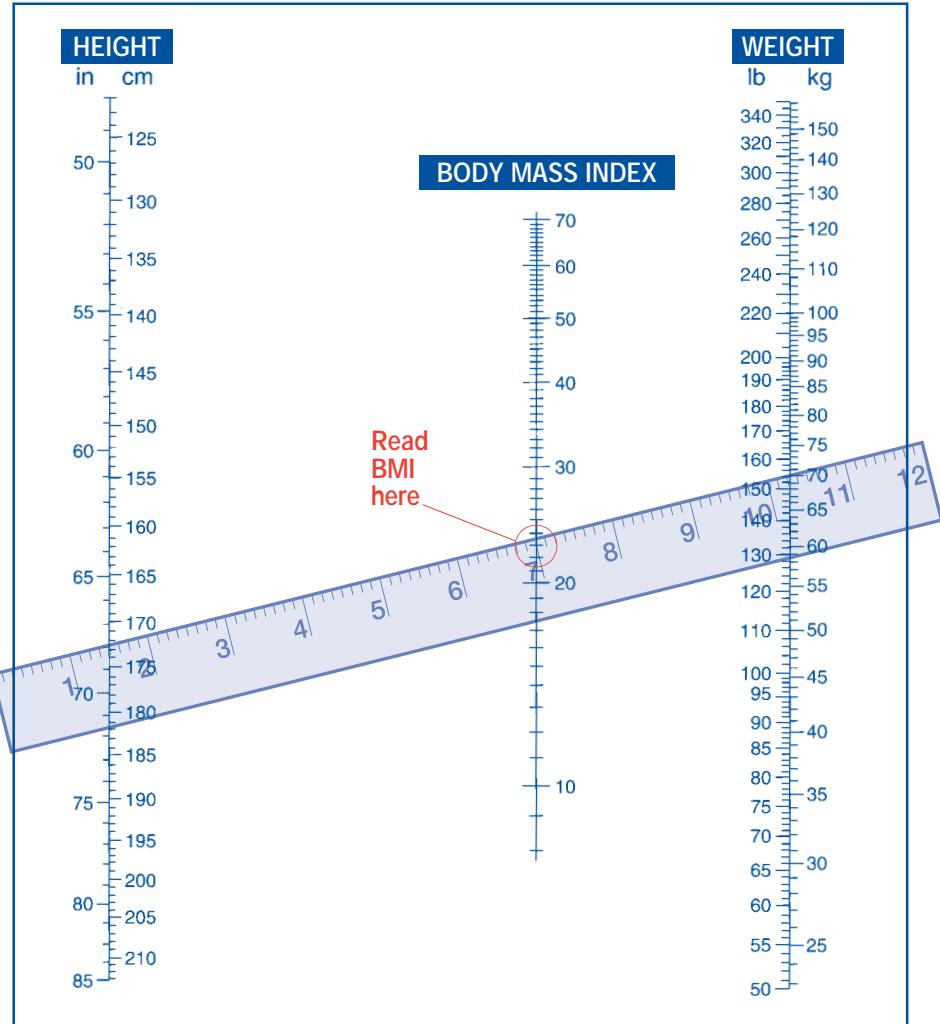
$$\frac{70 \text{ kg}}{(1.727\text{m})^2} = \frac{70}{2.98} \approx 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year old boy listed in the table on page 24; a BMI index of 23.5 puts this boy in the desirable range. Use the BMI chart (next page) for quick calculation.



## Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Modified with permission from David C. Nieman, *Fitness and Sports Medicine: A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

## Accommodating Students with Disabilities

### President's Council on Physical Fitness and Sports Statement of Policy

Students with disabilities **or special needs** have the right to an individualized physical fitness program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Activity and Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation have been prepared to permit boys and girls with disabilities, ages 6-17, to be acknowledged for their achievement and to qualify for the Presidential Active Lifestyle Award, the Presidential, the National, the Participant Physical Fitness, or the Health Fitness Awards in the President's Challenge Physical Activity and Fitness Awards Program.

Teachers or fitness leaders may decide that other students without identified disabilities also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors, using their professional judgement, may qualify students who do not reach PCPFS standards on one or more of the test items in the awards program. For questions or information concerning these guidelines, please call our Toll Free Number: 1-800-258-8146.



## These Modifications Apply to All Awards

### **Guidelines for Qualifying Students with Disabilities for the Presidential Active Lifestyle Award; Presidential, National, and Participant Physical Fitness Awards; or the Health Fitness Award**

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has a disability or other problem that adversely affects performance on one or more test items.
3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. The instructor has administered all five test items for the Physical Fitness Awards program or the Health Fitness Award program, making needed modifications or substituting alternative test items for the individual, or has modified any of the requirements for the Presidential Active Lifestyle Award program (i.e., modification of time requirements or number of steps).
5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award and/or The Presidential Active Lifestyle Award.



## Fitness Links

President's Council on Physical Fitness and Sports  
<http://www.fitness.gov>

Amateur Athletic Union  
<http://www.ausports.org>

American Alliance for Health, Physical Education, Recreation & Dance  
<http://aahperd.org>

American Heart Association  
<http://americanheart.org>

Center for Disease Control  
<http://cdc.gov/kidsmedia/>

Fitness for Youth  
<http://Fitnessforyouth.umich.edu>

Kids Health  
<http://www.kidshealth.org>

The Locker Room: Sports for kids, rules, history, tips  
<http://members.aol.com/msdaizy/sports/locker.html>

National Safe Kids Campaign  
<http://www.safekids.org>

Runner's World for Kids  
<http://www.kidsrunning.com>

Special Olympics  
<http://www.specialolympics.org/index.html>

Sports Illustrated for Kids  
<http://www.sikids.com>

Youth Fitness Links  
<http://kidsclick.com>

Youth Leagues  
<http://www.youthleagues.com>

**GET FIT!**

**We hope you are  
well on your way  
to earning your PALA—  
Presidential Active Lifestyle Award.**

**Now, encourage your parents,  
grandparents, teachers, fitness leaders,  
doctors, and others to receive  
their own recognition by earning  
the PAAL to the PALA.**

**Call 1-800-258-8146 for information.**





**THE PRESIDENT'S COUNCIL ON  
PHYSICAL FITNESS AND SPORTS**

200 Independence Ave., SW

Room 738H

Washington, DC 20201

Web Site [www.fitness.gov](http://www.fitness.gov)



**THE PRESIDENT'S CHALLENGE**

400 East 7th Street

Bloomington, IN 47405-3085

Phone 1-800-258-8146

Web Site [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal)

E-mail Address [preschal@indiana.edu](mailto:preschal@indiana.edu)