

# We are **All-Americans** Strong Kids for a Strong Nation



The President's Challenge  
Physical Activity & Fitness Awards Program

2010-2011

[www.presidentschallenge.org](http://www.presidentschallenge.org)





First Lady Michelle Obama jumps rope during a President's Council on Fitness, Sports and Nutrition event at Bell Multicultural High School in Washington, D.C., in June 2010.

(Official White House Photo by Samantha Appleton)

## Let's Move

First Lady Michelle Obama's Let's Move campaign is working to solve the challenge of childhood obesity within a generation.

Participating in the President's Challenge is one way for kids to become more physically active and help America meet that goal.

Visit [letsmove.gov](http://letsmove.gov) to find out more ways that schools, families, and communities can help kids be more active, eat better, and get healthy.



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## Scope of President's Council Expanded in 2010

On June 23, 2010, a new President's Council on Fitness, Sports and Nutrition (PCFSN) was announced. As suggested by the name, this new Council enjoys an expanded mission to encourage healthier lifestyles through a variety of physical activities and better nutrition habits. Among those leading this charge are PCFSN Executive Director Shellie Y. Pfohl, M.S., and Council Co-Chairs Drew Brees, 2010 Super Bowl MVP-winning quarterback, and Dominique Dawes, three-time Olympic gymnast. To learn more about the Council and all of its members, visit [www.fitness.gov](http://www.fitness.gov).

## The President's Challenge

The President's Challenge, a program of the newly launched President's Council on Fitness, Sports and Nutrition, has been dedicated to increasing the physical activity and fitness of America's youth for decades. Through our partnership with the Let's Move initiative, the President's Challenge hopes to introduce even more Americans to the fun of physical activity. The President's Challenge encourages kids to be active and get fit through the following programs:

### Physical Fitness Test

A five-item test designed to measure the overall fitness of youth ages 6–17.

### Presidential Active Lifestyle Award

An activity-based program for participants of all ages to track their physical activities for a six-week period. Great for those just getting started.

### Presidential Champions

An online tracking tool for registered users to earn Bronze, Silver, and Gold awards.

The President's Challenge is a terrific way to encourage students to get off the couch, get away from the computer screen, and get moving.

# Physical Fitness Program

This program helps assess the current fitness level of 6–17-year-olds, and offers awards to encourage them to get moving and stay active. Students can try as often as they'd like.

## Activities and Awards

The Youth Physical Fitness Program includes five activities that measure muscular strength and endurance, cardio-respiratory endurance, speed, agility, and flexibility. The program offers the three awards listed in the box below.

## Testing Guidelines

The PCFSN recommends fitness testing **at least twice a year**, in the fall and spring. Testing works best as part of a complete physical education program that includes instruction on a variety of physical activities that keep students active during class time and reinforce the various components of physical fitness: muscular strength and endurance, cardiovascular strength and endurance, and flexibility.

Before conducting the President's Challenge, or any youth fitness test, you should review and take into consideration each individual's medical status to identify medical, orthopedic, or other health issues.

At the onset of testing, make sure everyone taking the test knows the correct techniques for each activity, including proper pacing and running style. **There is no limit to the number of tries an individual may have on each activity.**

Use the student's age at the time of testing for comparison to the appropriate award standards located on page 8. Qualifying standards are based on the 1985 National School Population Fitness Survey (validated in 1998).

## Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical fitness program. These students can and should be motivated to develop lifetime habits of appropriate physical activity and receive recognition for their achievements

in physical fitness. Suggestions for options that permit boys and girls, ages 6-17, with disabilities to be acknowledged for their achievement are available on the National Center for Physical Activity and Disability (NCPAD) website, [www.ncpad.org](http://www.ncpad.org). Use of the President's Challenge awards to recognize those achievements is encouraged.

Teachers or fitness leaders may decide that other students without identified disabilities, such as asthma sufferers, also need modifications in one or more of the test categories or awards. We rely on the professionals in the field to accommodate those special young people. You know your students best.

In some cases, when students do not reach President's Challenge standards on one or more of the test items in the awards program, qualified instructors, using professional judgement, may choose to qualify those students for higher award levels.

## Physical Fitness Program Awards

### The Presidential Physical Fitness Award

This award recognizes youth who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile of qualifying standards on all five activities are eligible for this award. Emblems available with and without year.



**Presidential Physical Fitness Award Emblem + Magnet**

(Actual Size: About 3" diameter)  
Emblem *without year* Item Code #013 \$1.50  
Emblem *with 2011* Item Code #511 \$1.50  
Magnet Item Code #041 \$.75



**Presidential Physical Fitness Certificate**  
(Actual Size: 8" x 10") Item Code #015 \$.50

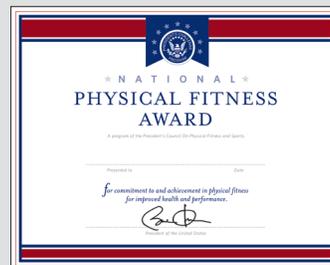
### The National Physical Fitness Award

This award is for those who score at or above the 50th percentile on all five activities, but fall below the 85th percentile in one or more of the events. This demonstrates a basic, yet challenging, level of physical fitness. Emblems available with and without year.



**National Physical Fitness Award Emblem + Magnet**

(Actual Size: About 3" diameter)  
Emblem *without year* Item Code #020 \$1.25  
Emblem *with 2011* Item Code #611 \$1.25  
Magnet Item Code #042 \$.75



**National Physical Fitness Certificate**  
(Actual Size: 8" x 10") Item Code #021 \$.25

### The Participant Physical Fitness Award

Those whose scores fall below the 50th percentile on one or more activities receive this award for taking part in the Physical Fitness Test. Emblems available with and without year.



**Participant Physical Fitness Award Emblem + Magnet**

(Actual Size: About 2 1/2" diameter)  
Emblem *without year* Item Code #022 \$.75  
Emblem *with 2011* Item Code #711 \$.75  
Magnet Item Code #046 \$.50



**Participant Physical Fitness Certificate**  
(Actual Size: 8" x 10") Item Code #023 \$.25



#### Bumper Stickers

(Actual Size: 3" x 12")  
Presidential Item Code #043 \$.50  
National Item Code #044 \$.50

# Test Instructions

## 1. Curl-ups

### Objective

To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

### Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk, curling up to touch the outside of forearms and elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

### Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 8 for qualifying standards.



## OR 1a. Partial Curl-ups

### Objective

To measure abdominal strength/endurance by maximum number of curl-ups.

### Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner kneels behind with hands cupped under the student's head. The student being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

### Scoring

Record only those curl-ups done with proper form and in rhythm. See page 8 for qualifying standards.

### Rationale

Partial curl-ups, completed slowly with knees bent and feet not held, are also an indicator of strength and endurance of the abdominal muscles.



## 2. Shuttle Run

### Objective

To measure speed and agility.

### Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2" x 2" x 4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line.

### Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 8 for qualifying standards.

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## 3. Endurance Run/Walk

### Objective

To measure heart/lung endurance by fastest time to cover a designated distance.

### Testing

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

### Scoring

Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.



- Option for 6–7 year olds . . . 1/4 mile
  - Option for 8–9 year olds . . . 1/2 mile
- The same objective and testing procedures are used as with the mile run. See page 8 for qualifying standards.

### Rationale

Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile. However, some teachers find it easier to administer a shorter run, which provides good information on cardiorespiratory endurance of young children.



## 4. Pull-ups

### Objective

To measure upper body strength/endurance by maximum number of pull-ups completed.

### Testing

Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

### Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 8 for qualifying standards.

## OR 4a. Right Angle Push-ups

### Objective

To measure upper body strength/endurance by maximum number of push-ups completed.

### Testing

The student starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2–4 inches) with the toes supporting the feet. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.



### Scoring

Record only those push-ups done with proper form and in rhythm. See page 8 for qualifying standards.

### Rationale

Right angle push-ups provide a good indicator of the range of strength/endurance found in children and youth, whereas some are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

## OR 4b. Flexed-Arm Hang

Students who cannot do one pull-up or want an alternative to the pull-ups or right angle push-ups may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

### Objective

To measure upper body strength by maintaining flexed-arm hang position as long as possible.

### Testing

Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

### Scoring

Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 8 for qualifying standards.





## 5. V-Sit Reach

### Objective

To measure flexibility of lower back and hamstrings.

### Testing

A straight line two feet long is marked on the floor as the baseline. A measuring line four feet long is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the “O” point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8–12 inches apart. With hands on top of each other, palms down, the student places them on measuring line. With the legs held flat by a partner, the

student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

### Scoring

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than “bounce” while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 8 for qualifying standards.

## OR 5a. Sit and Reach

### Objective

To measure flexibility of lower back and hamstrings.

### Testing

A specially constructed box with a measuring scale marked in centimeters is used, with 23 centimeters at the level of the feet. (Details for construction are available at [presidentschallenge.org](http://presidentschallenge.org) or by contacting the President's Challenge office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart, and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, the student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

### Scoring

Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 8 for qualifying standards.

#### President's Challenge Sit and Reach Box

Measure your students' flexibility with this President's Challenge sit and reach box. It features a built-in footplate, a maximum reach indicator, and scales in inches and centimeters. Easy assembly requires no tools. See inside back cover for ordering information.

Item Code #350  
\$119.95



#### President's Challenge Gym Mat

Our 2' x 6' mat is perfect for students performing curl-ups, right angle push-ups, or flexibility testing. This 1.5" thick vinyl mat features two folds and handles for easy carrying and storage as well as the President's Challenge logo.

Item Code #360

\$49.95



## Building a Healthier Nation—One Student at a Time

### Qualifying Standards for all students – The Presidential Physical Fitness Test

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 activities represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)	
										(min:sec) 1/4 mile	(min:sec) 1/2 mile				
BOYS	6	33		22	12.1	+3.5		31	10:15	1:55		2		9	
	7	36		24	11.5	+3.5		30	09:22	1:48		4		14	
	8	40		30	11.1	+3.0		31	8:48		3:30	5		17	
	9	41		37	10.9	+3.0		31	8:31		3:30	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	
	16	56		73	8.7	+6.0		38	6:08			11		44	
	17	55		66	8.7	+7.0		41	6:06			13		53	
	GIRLS	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		3:58	2		17
		9	39		37	11.1	+5.5		33	9:30		3:53	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	
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		

Chart reflects 85th percentile of scores that students must reach for the Presidential Physical Fitness Award.

### The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 activities represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)	OR	Flexed- Arm Hang (sec)	
										(min:sec) 1/4 mile	(min:sec) 1/2 mile						
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		4:22	1		9		10	
	9	32		20	11.9	+1.0		25	10:30		4:14	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	
	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	
	GIRLS	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		4:56	1		9		8
		9	30		20	12.5	+2.0		28	11:52		4:50	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		

Chart reflects 50th percentile of scores that students must reach for the National Physical Fitness Award.

### The Participant Physical Fitness Award

Those who attempt all five activities but have one or more scores below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test activities, you can also download the President's Challenge Normative Data Spreadsheet at [www.presidentschallenge.org](http://www.presidentschallenge.org). Click on "Download Tools & Resources" and then see Forms.

\*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. \*\*Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

# Become a Physical Fitness State Champion School

## Entry Form 2010–2011 State Champion Physical Fitness Award

### Complete the following information:

Name of School \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Website \_\_\_\_\_

Type of School (Check all that apply)

- Elementary     Jr. High     Public     Home School  
 Middle     Sr. High     Private

### Deadline:

Entries must be postmarked by **July 1, 2011**. No entries will be processed after this deadline.

A. Total eligible enrollment\* (50 or greater): This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 1, 2011, or the last official day of school, if earlier.

\*This includes any 6-year-olds in kindergarten.

#### Category

Circle one

I    II    III

**Boys    Girls    Total**

A. 

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Enter figures here

B. Total number qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2010–2011 school year.

**Boys    Girls    Total**

B. 

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Enter figures here

C. Percentage: Divide total eligible enrollment figure (A) into Total Number Qualifying (B)

C. 

--

Enter total % here

$$B/A \times 100 = \%$$

### Official certification must be completed to enter the competition

I certify that the pupils qualifying were tested in strict adherence to the President's Challenge physical fitness test and scored at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms were used to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Physical Education Teacher Name \_\_\_\_\_

Physical Education Teacher Signature \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Physical Fitness Award (PPFA) is correct.

Principal Name \_\_\_\_\_

Principal Signature \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_



### The award

Each year, we present three schools in each state with the State Champion Award. These schools have the highest percentage of students who qualify for the Presidential Physical Fitness Award in the schools' enrollment category.

The winning school in each category receives a distinctive award certificate and recognition on the President's Challenge website. Students at each school who earn the Presidential Physical Fitness Award will receive an additional embroidered emblem and a certificate of recognition. These awards are provided free of charge.

**Category 1.** Schools with 50–200 students enrolled

**Category 2.** Schools with 201–500 students enrolled

**Category 3.** Schools with over 500 students enrolled

### How to enter

To be considered for the 2010–2011 school year, award entries must be postmarked no later than July 1, 2011.

1. Complete your President's Challenge testing for the 2010–2011 school year.
2. Complete the enclosed entry form and composite record on the back of this page.
3. Return the entry form to:

### The President's Challenge

Attn: State Champion Entries  
501 N. Morton Street, Suite 203  
Bloomington, IN 47404

Fax: 812-855-8999

You can also apply online at [www.presidentschallenge.org](http://www.presidentschallenge.org).

### Notification

All schools entering the State Champion program will be notified of winners on October 1. We will send a list of winners to state governors and members of Congress.







# Everyone can be an **All-American**



## THE PRESIDENTIAL **Active Lifestyle Award**

## THE PRESIDENTIAL **Champions Challenge**

Let's Move to increase physical activity among youth, both in and out of school, and get families moving together. Every American – young, old, or in between – can become more active, fit, and healthy and have fun at the same time.

The Presidential Active Lifestyle Award (PALA) can help children ages 6–17 and adults 18+ get started on a regular program of physical activity. A number of organizations have signed on to help encourage all Americans to take the President's Challenge and earn their PALA. Visit the President's Challenge website to learn more about these program advocates and look for opportunities to promote participation to your students and colleagues or become an advocate for the program in your community.



Help the President's Council on Fitness, Sports and Nutrition get more Americans to move more often. Use the PALA as part of your efforts to create a healthier school.



# THE PRESIDENTIAL Active Lifestyle Challenge



The Presidential Active Lifestyle Award (PALA) Challenge motivates participants to be physically active on a regular basis by encouraging them to engage in activities they enjoy. With a list of over 100 possible activities, that's easy to do!

The PALA award is available online through an interactive tracking log that allows you and your students to track their progress, or you can use the activity log on the following page.

We also encourage you to use the PALA to compliment fitness testing at your school. You can help ensure students are regularly active in the weeks leading up to testing by having them complete the PALA.

Because the PALA is available to youth and adults, it's a great tool for promoting physical activity throughout your school—to administrators, teachers, parents, and volunteers.

Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	9,000
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	8,500
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50
Participant Signature		Date

## It's Easy

- 1. Be Physically Active Each Day** – 60 minutes for youth (ages 6–17), 30 minutes for adults. Almost any activity counts as long as it involves moving the large muscle groups in the body.
- 2. Commit Some Time Each Week** – At least five days per week, and log the activity (you can log activities for the previous 14 days on the website).
- 3. Make It Last** – For a period of six weeks.

# THE PRESIDENTIAL Champions Challenge (online only)

The Web-based Presidential Champions Challenge allows users to take as long as they like to earn their award. And it's an excellent next step for those who earn their PALA.

You can participate on your own, join a group, or create a little friendly competition – between classrooms, faculty and staff, or among the student body. With an unlimited amount of time to complete the program, you can encourage a yearly school challenge and recognize the physical activity achievements of the students, faculty, staff, and even parents at the end of each school year.

## It's Easy

- 1. Get out and do it.** Points are based on the energy expenditure of each activity (its MET – metabolic equivalent value). So the more activity or the higher the intensity, the more points earned.
- 2. Sign up at [www.presidentschallenge.org](http://www.presidentschallenge.org).**
- 3. Log it.** Log your time as often as you like (even five minutes counts). And you can log your time for the previous 14 days.
- 4. Earn awards.** The Presidential Champions Challenge recognizes achievement at a variety of levels. Aim for the Bronze award first and then work toward the Silver and Gold. There's also a Platinum level for those who want to go all the way!



You can see information about award levels on page 13 and online at [www.presidentschallenge.org](http://www.presidentschallenge.org) (click on *Celebrate Your Achievements* and *Presidential Champions Awards*). The only thing left to do is outline the dates of your Challenge and get the word out!

## Using a pedometer

You can track every step you take, running or walking, by using a pedometer (and steps count on your activity log).

When you start out, first determine the average number of steps you take for one week. Then, work to increase the number of steps by 500 per day each week until you meet your goal.

Here are some goals to help you get started:

- Girls ages 6–17, at least 11,000 steps per day
- Boys ages 6–17, at least 13,000 steps per day
- Adults 18 or older, at least 8,500 steps a day



The AE2790 Pedometer is ultra thin and counts steps, distance walked, and calories burned. It features a clock, an automatic activity timer, and an easy-to-read, oversized display. Includes safety leash.

**The AE2790**  
Item Code #140  
\$12.95  
(Actual Size: approximately  
2 1/4" x 1 1/2")

## Presidential Active Lifestyle Awards (PALA)

For anyone who meets their daily activity goal 5 days per week for 6 weeks as part of the Active Lifestyle Challenge. You'll also receive five eagle stickers; each time you complete the program, you can apply one to your certificate.



**Presidential Active Lifestyle Award Certificate**  
(Actual Size: 8" x 10")  
Item Code #110  
\$.50

## Presidential Active Lifestyle Award Set

Complete award set includes one of each: Certificate, Emblem, and Strip of Stickers  
Item Code #100  
\$1.75



**Presidential Active Lifestyle Award Emblem**  
Available only as part of the Presidential Active Lifestyle Award Set



**Strip of Stickers**  
For Presidential Active Lifestyle Award Certificates  
Item Code #120  
\$.30



**Presidential Active Lifestyle Award Lapel Pin**  
(Actual Size: About 3/4" diameter)  
Item Code #150  
\$3.00



**Bumper Sticker**  
(Actual Size: 3" x 12")  
Item Code #130  
\$.50

## Presidential Champions Awards

### Presidential Champions Bronze Award

For anyone who earns 40,000 points in the Presidential Champions Challenge.

### Presidential Champions Silver Award

For anyone who earns 90,000 points in the Presidential Champions Challenge.

### Presidential Champions Gold Award

For anyone who earns 160,000 points in the Presidential Champions Challenge.



**Presidential Champions Medallions (Gold, Silver, Bronze)**  
(Actual Size: About 2 1/2" diameter)  
Item Code #200 (Gold) \$7.00  
Item Code #201 (Silver) \$6.50  
Item Code #202 (Bronze) \$6.00

**Presidential Champions Ribbons (Gold, Silver, Bronze)**  
(Actual Size: 2" x 7 1/2")  
Item Code #220 (Gold) \$1.00  
Item Code #221 (Silver) \$.90  
Item Code #222 (Bronze) \$.80



**Presidential Champions Lapel Pins (Gold, Silver, Bronze)**  
(Actual Size: About 7/8" diameter)  
Item Code #210 (Gold) \$3.50  
Item Code #211 (Silver) \$3.25  
Item Code #212 (Bronze) \$3.00

**Presidential Champions Certificates (Gold, Silver, Bronze)**  
(Actual Size: 8" x 10")

## Presidential Champions Set

Complete award set includes one of each: Certificate, Medallion, Lapel Pin, and Ribbon  
Item Code #240 (Gold) \$10.50, Item Code #241 (Silver) \$10.00, Item Code #242 (Bronze) \$9.50



Item Code #230  
\$.85



Item Code #231  
\$.75



Item Code #232  
\$.60



# The Active Lifestyle Activity Log

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_

Group ID \_\_\_\_\_ Age \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

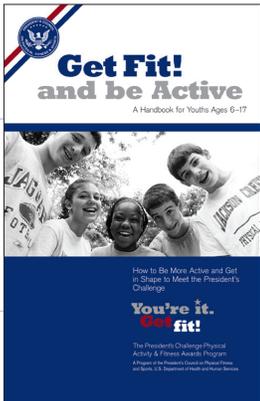
## Verification

I certify that I have met the requirements of the Presidential Active Lifestyle Award.

- I have met my daily activity goal for at least 5 days each week. Participant Signature \_\_\_\_\_
- I have performed my physical activities for at least 6 weeks. Supervising Adult's Signature (if applicable) \_\_\_\_\_

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office. See inside back cover for award ordering information.

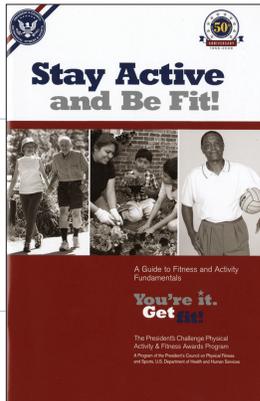
# Teaching Aids



**Get Fit! Handbook for Youth Ages 6-17**

(Actual Size: 5 1/2" x 8 1/2")  
Item Code #060 or #061

\$2.50/\$2.00



**Stay Active and Be Fit! Handbook for Adults**

(Actual Size: 5 1/2" x 8 1/2")  
Item Code #062 or #063

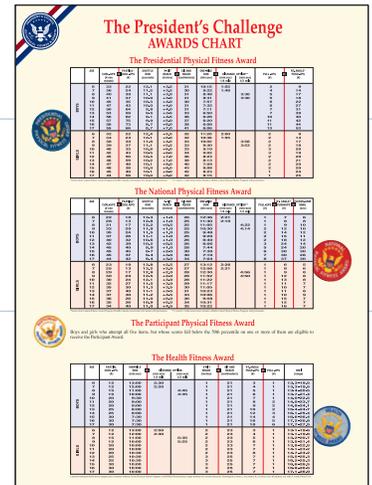
\$2.50/\$2.00



**2010-2011 Poster**

(Actual Size: 17" x 22")  
Item Code #050

\$1.00



**Awards Wall Chart for the Physical Fitness and Health Fitness Programs**

(Actual Size: 16 1/2" x 22 3/4")  
Item Code #051

\$1.00



**Physical Fitness Slide Chart for the Physical Fitness Program**

(Actual Size: 4" x 9")  
Item Code #045

\$5.00



**Online Resources**

This year, the President's Challenge has a brand new, improved website! Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) and check out our enhanced interactive tools for tracking students' progress. You can enter student information and fitness test scores, calculate percentages and awards, print reports for students to take home, and more. Just click on "Fitness File" to get started.



**Instructor's Emblem**

For those who administer the President's Challenge Program.

(Actual Size: About 3 3/4" diameter)  
Item Code #040

\$1.75

**Physical Fitness Test Score Pads**

Our 50-sheet test score pads make it easy to write down scores and comments on the physical fitness test, then tear off the pages and give them to students, or take them back to your office. See inside back cover for ordering information.

(Actual Size: 5" x 7")  
Item Code #310

\$2.00



**S1XL(BK) Accusplit® Survivor Stopwatch**

A great stopwatch for timing the shuttle run, mile run, or curl-ups. The S1XL(BK) is an economical way to get professional timing in your physical education class. It also features the President's Challenge logo.

Item Code #145

\$8.50

TAKE PRIDE IN YOUR EFFORT

# President's Challenge Gear



### President's Challenge Sport Pack

Navy, 17" x 18" nylon mesh sport bag w/drawstring closure, zippered inside pocket, and velcro pocket.

Item Code #301

\$9.95



### Presidential Active Lifestyle Award T-Shirt

Oxford grey with silk-screened logo on chest. Made of 90% preshrunk cotton and 10% polyester.

Adult: Small-XXL  
Item Code #065

Youth: Medium-Large  
Item Code #066



### Trek Water Bottle

Stay hydrated with this 20 oz. BPA-free aluminum sports bottle. It features a carabiner clip, screw top, and the President's Challenge logo.

Item Code #315

Price: \$8.95



### President's Challenge Windbreaker

Lightweight and water resistant 100% polyester (unlined) jacket. Unisex style featuring zippered pockets and a drawstring waist with a drop-tail hem in back. Available in black only with "The President's Challenge" embroidered in white on the left chest.

Item Code #099

Price: \$29.95

Sizes: Adult Small-XXLarge



### Physical Fitness Award Lanyards

Presidential Item Code #047

National Item Code #048

Participant Item Code #049

\$1.50 each



**Presidential Champions T-Shirts**

White or grey in 100% preshrunk cotton with silk-screened logo on chest (Gold, Silver, Bronze).

Adult: Small-XXL  
 Item Code #250 (Gold)  
 Item Code #260 (Silver)  
 Item Code #270 (Bronze)

Youth: Medium-Large  
 Item Code #251 (Gold)  
 Item Code #261 (Silver)  
 Item Code #271 (Bronze)



**Presidential Physical Fitness Award T-Shirt**

Royal blue with silk-screened logo on chest. Made of 100% preshrunk cotton.

Adult: Small-XXL  
 Item Code #070  
 Youth: Medium-Large  
 Item Code #071



**National Physical Fitness Award T-Shirt**

Red with silk-screened logo on chest. Made of 100% preshrunk cotton.

Adult: Small-XXL  
 Item Code #072  
 Youth: Medium-Large  
 Item Code #073



**Participant Physical Fitness Award T-Shirt**

White with silk-screened logo on chest. Made of 100% preshrunk cotton.

Adult: Small-XXL  
 Item Code #074  
 Youth: Medium-Large  
 Item Code #075

**NOTE:**

President's Challenge shirts are all 5.3 oz.  
 Presidential Champions shirts are: Bronze 5.6 oz.;  
 Silver and Gold 6.1 oz.

Size Chart	S	M	L	XL	XXL
Men's	34-36	38-40	42-44	46-48	50
Women's (Bust)	34-36	38-40	42-44	N/A	N/A
Women's (Blouse Size)	8-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A

All award t-shirts are priced at \$8.50 for adult sizes and \$7.35 for youth sizes.  
 Quantity discounts are available; see the order form for discounts on 12 or more shirts.



## How to Order

### To order online

Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) to place orders 24 hours a day. Allow 18 calendar days for delivery of standard orders from the time you place your order.

You can contact us via e-mail at [preschal@indiana.edu](mailto:preschal@indiana.edu).

### To order by mail

Fill out the enclosed order form and send to the address below. Please do not send cash. Allow 18 calendar days for delivery of standard orders from the time we receive your order.

The President's Challenge  
501 N. Morton Street, Suite 203  
Bloomington, IN 47404

### To order by phone

Call 1-800-258-8146 to place an order or ask questions. Our toll-free line is open 8 a.m. to 5 p.m., Monday through Friday (Eastern Time). You'll need a credit card or institutional purchase order for phone orders.

### To order by fax

Fill out the enclosed order form and fax it to 1-812-855-8999, 24 hours a day. You'll need a credit card or a purchase order from your institution for fax orders, along with a phone number or e-mail address where you can be reached. Allow 18 days for delivery of standard orders from the time we receive your order.

### Shipping policy

We will send orders over \$5 inside the U.S. by FedEx Ground. All other orders will be sent by the U.S. Postal Service. Please note we cannot send FedEx orders to post office box addresses. When you receive your order, please check it carefully. If your order is incomplete, please contact the program office immediately.

### Return policy

Refunds, exchanges, and returns of awards are permitted only for items that are damaged or defective upon receipt. For those items featuring a year or bearing the signature of the President of the United States, we suggest requesting only the number of items that are needed at the time of the order. Apparel that does not fit may be exchanged for a different size.

### Rush orders

For an extra charge, we can guarantee delivery of your order within 4 business days. To place a rush order, just add 25% of the subtotal or \$25 (whichever is greater) to your subtotal. We'll send your order by FedEx Express Two Day Air or FedEx Ground if the destination is within the 2-day delivery zone. Sorry, we cannot accept international rush orders.

### International shipping policy

Orders being shipped outside the United States will be charged actual cost via USPS. Please contact us via e-mail at [preschal@indiana.edu](mailto:preschal@indiana.edu) if you would like a quote for shipping to your international destination. International orders may take longer than our 18 day delivery policy. Sorry, we cannot accept international rush orders.



## President's Challenge Demonstration Center Schools

The President's Challenge recognizes elementary and secondary schools that meet state physical education standards and clearly emphasize physical activity and fitness in their physical education program.

The President's Challenge is pleased to partner with the American College of Sports Medicine (ACSM) on this initiative. A number of ACSM members serve as State Coordinators to help verify a school's commitment to physical activity and fitness. In order to qualify as a Demonstration Center, a school must:

- Encourage periodic health appraisals for all students
- Identify physically inactive students and programs to increase their daily physical activity
- Evaluate at least once a year to monitor and motivate pupil progress
- Offer students opportunities to take part in the President's Challenge
- Provide regular physical education
- Promote its physical education program (through materials sent home, newspaper articles, or public relations efforts)
- Arrange visits so others can observe the program in action

Demonstration Center Schools serve for a period of three years and receive a certificate as well as recognition on the President's Challenge website. Schools are contacted after two years with details about how to reapply. The program is free.

Learn more and download an application by visiting [www.presidentschallenge.org](http://www.presidentschallenge.org).





# The President's Challenge

administered by the Amateur Athletic Union

501 N. Morton, Suite 203  
Bloomington, IN 47404



Nonprofit Organization  
U.S. Postage  
PAID  
Bloomington, IN  
Permit No. 3



## Take the HealthierUS School Challenge

Your school can win national recognition for helping students achieve healthier lifestyles through the HealthierUS School Challenge. The U.S. Department of Agriculture (USDA) established the program to honor schools that create healthier environments by providing nutrition education, nutritious food and beverage choices, physical education, and opportunities for physical activity.

To qualify, your school must participate in the National School Lunch Program (NSLP) and be a Team Nutrition School. Award winners in the HealthierUS School Challenge receive a plaque, a banner to hang in their school, and recognition on the USDA Team Nutrition website. Winners certified for the Gold Award of Distinction receive \$2,000; Gold, \$1,500; Silver, \$1,000; and Bronze, \$500. Find out more by going to [teamnutrition.usda.gov](http://teamnutrition.usda.gov) and clicking on **HealthierUS School Challenge**.



Make your school one of the best in the nation – committed to nutrition and physical education – by taking the challenge today.

facebook

twitter

### Connect. Get tips. Get fit.

Join the President's Challenge group on Facebook:

[www.facebook.com/preschal](http://www.facebook.com/preschal)

Follow us on Twitter:

[twitter.com/preschal](http://twitter.com/preschal)

### Fitness is Fun

Get fitness tips, news, and facts delivered right to your inbox. Sign up for our monthly newsletter at [www.presidentschallenge.org](http://www.presidentschallenge.org) (click on "Stay Informed" and then "Fitness is Fun newsletter").