

The Challenge starts with you.

More and more Americans face growing health risks from heart disease, stroke and cancer. Regular physical activity reduces the risk of many health problems.

The President's Challenge offers a wide range of programs that can help everyone be more active. They're designed to make fitness simple and fun — whether you track your progress on paper, or online at www.presidentschallenge.org. There's no cost to join the Challenge, either.

Since its inception, the President's Challenge has helped motivate millions of youths each year. Today the Challenge includes four separate programs:

Active Lifestyle Program

This program helps adults get active for 30 minutes a day/5 days a week — or 60 minutes per day for youths under 18.

Presidential Champions Program

If you're already active (more than 30 minutes a day/5 days a week for adults, or 60 minutes a day for youths under 18) this program is for you. Strive to reach the Bronze, Silver, and Gold award!

Physical Fitness Program

Five easy-to-administer events that help educators and community leaders assess the physical fitness of young people and recognize them for their achievements.

Health Fitness Program

An alternative to the traditional Physical Fitness test, the focus of this program is to recognize students who achieve a healthy level of fitness.

Recognizing Your Efforts

We know the vital role educators play in encouraging students to stay active. That's why the President's Council on Physical Fitness and Sports recognizes schools for a job well done.

Physical Activity & Fitness Demonstration Center

If your school shows a clear emphasis on physical activity and fitness, you may be eligible to become a Demonstration Center. These schools are open for others to observe your program.

Active Lifestyle Model School

We offer any school a chance to become an Active Lifestyle Model School. All it takes is to have at least 35 percent of your students earn the Presidential Active Lifestyle Award (PALA) two or more times during a school year.

Physical Fitness State Champion

Every year we offer one school in each of three enrollment categories the opportunity to become a State Champion — based on the results of the Physical Fitness test.



The President's Challenge

Physical Activity & Fitness Awards Program

www.presidentschallenge.org
501 N. Morton, Suite 104 • Bloomington, IN 47404
email: preschal@indiana.edu



The President's Challenge

For youths, adults, and seniors



Stay Connected

Here you've only seen a glimpse of everything the President's Challenge has to offer. So don't stop now. For complete details on any of our programs, go online at www.presidentschallenge.org or call toll-free at 1-800-258-8146.

You can ask for helpful information (like the **Get Fit!** handbook or the **PCPFS Research Digest**), sign up for our **Fitness Is Fun** newsletter, or find answers to all your questions.



You're it.
Get fit!

The President's Challenge Physical Activity & Fitness Awards Program

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

The Active Lifestyle program



This program shows how to make and keep a commitment to staying active. It helps people set realistic goals to encourage regular physical activity for a lifetime.

What it's all about

Individuals in the program meet a daily activity goal (60 minutes a day for youths under 18, or 30 minutes a day for adults) at least 5 days a week, for a total of 6 weeks. There's also an option for using a pedometer to record daily activity.

You can track your progress on paper or online. There's no cost to join, either.

Making fitness fun

Everybody in the Active Lifestyle program can choose the activities they like doing — whether it's at home, at school or at work, alone or with friends and family. Do activities that make you feel good!

Rewarding success

Individuals (age 6 and older) can receive the Presidential Active Lifestyle Award (PALA) for each six weeks that they complete the program. You can continue to earn more than one PALA or start on the road to become a Presidential Champion.

Are you ready for a new Challenge? Go online at www.presidentschallenge.org or call 1-800-258-8146 today to get started.

The Health & Physical Fitness programs

Physical Fitness program

This program helps assess the current fitness level of youths ages 6-17, and offers awards for different levels of fitness.

Youths are tested in five events that measure muscular strength/endurance, cardiorespiratory endurance, agility and flexibility: curl-ups or partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach.

The Physical Fitness test offers three different awards based on fitness level for youths who take part in the program: the Presidential Physical Fitness Award, the National Physical Fitness Award, and the Participant Physical Fitness Award.

Health Fitness program

This program helps assess health-related physical fitness of youths ages 6-17, and offers an award for reaching healthy levels of fitness.

Youths are tested in five events that measure muscular strength/endurance, cardiorespiratory endurance, flexibility, and body composition: partial curl-ups, one-mile run/walk, V-sit or sit and reach, right angle push-ups or pull-ups, and Body Mass Index.

Youths can earn the Health Fitness Award by meeting the qualifying standards in each event.

For more on either of these programs, go online at www.presidentschallenge.org or call 1-800-258-8146 today.

The Presidential Champions program

For youths and adults who are already active, this online program offers a new challenge – to raise their activity and fitness levels.

What it's all about

The goal for individuals in the program is to see how many points they can earn by being active. The number of points depends on the type and duration of activity. Basically, the longer you do an activity, the more points you earn.

Making fitness fun

Just like the Active Lifestyle program, the Presidential Champions program lets people choose the activities they like. There's even a special option for athletes or others who train at more advanced levels.

Rewarding success

The first goal to aim for is a Bronze award. Then you can keep going for a Silver or Gold. For all the details or to get started, go online at www.presidentschallenge.org. There's no cost to join the program, either.

