



Dear Parents,

I am pleased to announce a new opportunity to help your child lead a physically active lifestyle. Healthy Futures is a grass roots initiative with a goal to inspire and empower Alaska youth to lead more physically active lifestyles.

Why Healthy Futures? Children today are not as active as they should be. U.S. Health studies report fewer than one in four children get 20 minutes of vigorous activity every day of the week. Less than one in four reported getting at least half an hour of any type of physical activity every single day. Poor diet and lack of exercise is now second only to cigarette smoking as the leading cause of preventable death in the United States.

In addition, an extensive study recently found a direct connection between students' fitness and academic performance. Achievement scores were found to increase with increased levels of physical fitness.

These studies show compelling evidence that both mental and physical health improve through increased physical activity. We want a healthy future for our community, and that means we must assist our youth in developing habits of regular physical activity. This is accomplished by making physical activity fun and enjoyable for all ages and abilities.

How does your child participate in Healthy Futures? Students must keep an activity/fitness log for a consecutive four week period. Your child, with your assistance, selects their level of participation and type of monthly log. Choice of logs include an activity log which records daily physical activity or a fitness log which records the nutritional components of a healthy lifestyle with daily physical activity. The goal is a *minimum of 20 minutes of physical activity with increased*

heart rate, three times a week for four consecutive weeks. Research also shows journaling is another important component in building good habits.

When will the program take place? Your child may begin as soon as they get an activity/fitness log from their PE Teacher or from our website www.healthyfuturesak.org. Upon completion of their log they return it to their PE teacher or contact me. Throughout the year each qualifying activity/fitness log is recognized with a foot token. In addition all students who complete their first log receive a 16 oz. Healthy Futures Nalgene water bottle. For their second log students receive a Healthy Futures carabiner. Dog tags are given for the third logs plus students are then eligible for a grand prize of a new sports/activity package (ex: mountain bike, or x-country ski package, or snowboarding package, or...valued at \$500). For each additional log beyond the third one, students are entered again for the grand prize drawings and may receive a dog tag. Upon receipt of five logs, youth are given a Healthy Futures t-shirt. The student with the most participation in logs for the year wins a trip with parents to Denali Park, compliments of the National Park Service - Rivers, Trails and Conservation Assistance Program.

This is a wonderful program that is sure to benefit your child. If you have any questions please do not hesitate to contact me.

Thank you,

Rebecca Reichlin
Healthy Futures Coordinator
907.783.2374 home office
907.441.8125 cell
907.783.1209 fax
Reichlin@acsalaska.net

Check out the Healthy Futures sponsored events on our website. Scholarships are available to any and all Healthy Futures events.
www.healthyfuturesak.org