



Dear Parents,

Welcome to the new school year! I am looking forward to working with you and your child, and pleased to announce that our school will be participating in the Healthy Futures Activity Log program this year.

What is Healthy Futures? Founded by concerned parents, Bonny Sosa and Sam Young, Healthy Futures is a statewide, grassroots movement to help youth build positive, lifelong physical fitness habits through two core programs: the Healthy Futures Activity Log and growing youth attendance at recreational events

Why Healthy Futures? Children today are not as active as they should be. Kids need daily vigorous physical activity to build strength, endurance, healthy muscles and bones or they face tough problems like obesity, anxiety, and lower self-esteem. Studies continuously show that childhood obesity is a serious issue with many health and social consequences that can continue in to adulthood. Additional studies show a strong correlation between physical activity and academic abilities.

At _____ School, we are committed to helping students develop the skills, knowledge and desire they need in order to be physically active now and for the rest of their lives. Parents and the community also play a critical role in the solution for healthier, active children by providing motivation, encouragement and daily opportunities for recreation beyond the classroom. Healthy Futures can help.

How does your child participate in Healthy Futures? With your assistance, students record their activity on the Healthy Futures Activity Log (attached) for a consecutive 4-week period. (Teachers, insert your requirements here) The goal is a *minimum* of 20 minutes of physical activity with increased heart rate, three times a week for four consecutive weeks. Students turn in completed Logs to me with your signature.

When do we begin? (Teachers, please insert instructions/schedule here)

Your child may begin immediately. Additional Logs can be downloaded from www.healthyfuturesak.org, and children are encouraged to continue to complete the Logs during summer months.

Incentives. In addition to being happier and healthier, students are rewarded for participating in the annual Healthy Futures program, which ends May 31.

- **First Completed Activity Log:** Students may receive one of the following incentives: a Healthy Futures Nalgene water bottle, carabineer, a colored dog tag, silicone wrist band or grafeties-bumper stickers for shoes plus a foot token.
- **Each subsequent Log** is recognized with a different incentive and foot token.
- **Third Log:** Students become eligible to win a grand prize drawing for a new sports/activity package of their choosing - up to \$300 in value. Drawings are held at the beginning of each school year. Two names, a girl and boy, are drawn for the Anchorage school district, and two will be drawn from the rest of Alaska.
- **With each additional Log (or event participation)** students earn an additional entry for the grand prize drawings and may receive a different incentive.
- **By completing five Logs,** youth become "Healthy Futures All Stars" and are earn a Healthy Futures t-shirt.

This is a wonderful program that is sure to benefit your child. If you have any questions please do not hesitate to contact me. I've attached some ideas for activities the whole family can enjoy.

Thank you,

Teacher sign here

Check out the Healthy Futures sponsored events at www.healthyfuturesak.org. Scholarships are available to any and all Healthy Futures events. Simply email info@healthyfuturesak.org.

11/6/07

Health and Fitness - A Family Affair

Help your kids to discover the joy of physical activity. School age is the perfect time for them to learn about healthy food, their bodies and the importance of physical activity. Making physical fitness fun and available is key in helping them develop life long healthy habits.



Kids tend to be more active when parents are. Get the whole family moving this year with simple things everyone **LIKES** to do. But don't tell them it's good for them. Make it fun, not just exercise.

Helpful Hints for Healthy Futures

- Encourage children to get at least 60 minutes of moderate-to-vigorous physical activity per day.
- Limit TV and video game time to less than two hours per day
- Use commercial time for active play (sit-up contest, etc.)
- Plan family time that includes fun physical activities like walking or biking.
- Include physical activity in family events such as birthday parties, picnics and vacations (red rover).
- Bring kids to fun, community youth recreation events, which focus on participation rather than winning. Check out www.HealthyFutures.com. Invite the neighbor kids!
- Take nature walks to find and discuss the many different leaves, grasses and creatures.
- Park further away and take the stairs. Every step counts.
- Give gifts that encourage physical activity such as sports equipment and lessons or passes.
- Support youth sports programs and extra curricular activities at school, community centers and events.
- Cheer your child on and congratulate them no matter what the outcome.
- Active kids need nutritious snacks and plenty of water.