

Peaceful Playgrounds™ newsletter

play nice!

Adults and Kids Benefit from Pedometers

Who knew that Leonardo da Vinci invented the pedometer? The prolific 15th-century inventor and artist sketched what's undoubtedly the world's first pedometer. This pendulum-driven device was strapped to the leg, swinging back and forth to measure distance.

More than 500 years later, his invention — packed with high-tech features — has become all the rage in exercise circles, launching walking groups across the country. And both adults and children are walking their way toward a healthier future, as research shows pedometers do inspire lasting change.

People like toys," said Judith Webb, manager of education for Avenidas, a Palo Alto organization dedicated to fostering the well-being of older adults. Avenidas is a co-organizer of the Lifelong Fitness Alliance in Redwood City, CA. "Your pedometer becomes your little companion," Webb said. "And it's amazing, when you put one on, you become conscious of what you're doing."

Children benefit from pedometers as well. The We Count Pedometer Program participants (elementary school students) increased their step counts by 40% during a 16 week program.

A parent newsletter component of the We Count Program keeps parents informed and provides them with physical activity choices for families. Student and parent newsletters cover topics such as: Getting Started Moving; Activity Choices; Walking Tips; Benefits of Physical Activity; Calories: How Much is Enough?; Portion Sizes: Am I Eating too Much?; and When Bigger is Not Better: Portion Sizes.

In 2006 the We Count Pedometer Walking program (published by Peaceful Playgrounds, Inc.) <http://www.peacefulplaygrounds.com> received a national award called the Promising Practices in After School Programming Award.



Peaceful Playgrounds Stencils: What do I need?

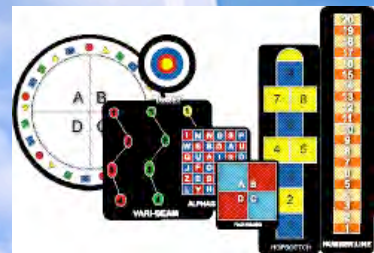
One of the most frequent questions we receive is, "What stencils do I get with the Peaceful Playgrounds Program™?"

The Peaceful Playgrounds Program kit includes 43 stencils consisting of letters, numbers, feet and shapes. These stencils are the stencils needed for all the detail work on the playground. These stencils are reusable and plastic. They are for use at a single school site.

The new Full Size Roll Out stencils are an extra purchase item designed to save time in laying out, and measuring the playground. These items are also for use at a single school site based on the site licensing.

While the Full Size Roll Out Stencils are a companion product of the Peaceful Playgrounds Program, they are not required as it is possible to use the blueprints and measure out the games.

Most customers tell us that the amount of time the stencils save them justifies the investment. The following items are available in the full size format : Physical Education Stencil Set (Companion to Fundamental Movement Program), Recess Stencil Set (Companion to Peaceful Playgrounds Program), U.S. Map Stencil, and World Map Stencil.



Product Links

Check out our many Peaceful Playgrounds Products.

- [Peaceful Playgrounds™](#)
- [WE Count Walking Program](#)
- [Fundamental Movement Training](#)
- [Equipment Packs](#)
- [Roll Out Stencil Sets](#)
- [PE & Recess Stencil Sets](#)

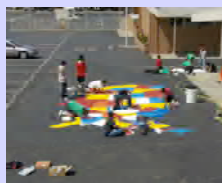
Blog Site Recent Topics

<http://blog.peacefulplaygrounds.com>

- *[Singers, Statesmen, and Saints](#)
- *[Kids AND Adults Benefit from Pedometers](#)
- *[Shaq to Attack Childhood Obesity-Supports PE](#)
- *[Lincoln-Titus Elementary Schools: "You can't say, ..."](#)
- *[Exercise: To Encourage Walking, Make It Personal](#)

Free U.S. Map Stencil with Peaceful Playgrounds Program Purchase. Order today!

Step 1. Chalk Step 2. Paint Step 3. Enjoy!



Include this coupon at the time of order.
Code 1212Free Expires 10-1-07

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