



Pedometer Wellness Program

"Don't Sit. Get Fit."

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Healthy, Well and Wise Curriculum


- Wellness Program using pedometers
- Emphasizing Childhood Obesity Prevention Strategies
 - Nutrition Education
 - Physical Activity Education
 - 8 weekly lessons and materials
 - 16 weeks maintenance materials



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U.S. Surgeon General


- We have a health crisis affecting every city, state, community and school across America. The crisis is obesity. Fastest growing cause disease and death in America.
- Completely Preventable!!



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Healthy Schools Campaign 2004

- Experts agree.
- Key strategy for tackling childhood obesity is "start with schools".




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Concerned Childhood Obesity



- AMA - Obesity is largest emerging health issue facing our nation.
- National School Board - Serious Health Problem



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Canadian Problem


- Well, at least our junior's active.


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Fit or Fat?

- **Changing times**



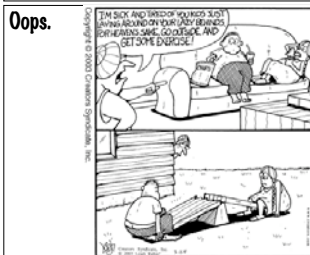
Let's see—
Am I fat
or am I
fit? I can
never
remember.




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These times they are a changing.

Oops.



THE SICK AND WEAK OR YOUNGER SIZES
GIVEN AROUND ON YOUR FEET BEING
BETTER THAN SOME COORDINATE AND
GET SOME EXERCISE



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We're Talking Serious.....

- **The Twenty Somethings' are the first generation that are predicted to have a shorter lifespan than their parents.**
- **We need to take action.**






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Pedometers, the movement tool for all?


- **Important tool in measuring physical activity**
- **Easy, inexpensive, available**
- **Provide awareness of activity targets and progress toward targets**



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What works?


- **Research on Walking/Pedometer Programs**
 1. Awareness-Explain the benefits of walking.
 2. Flexible Walking School-home, school, recess.
 3. Individual Goal Setting.
 4. Regular Contact with coordinator (teacher).
 5. Minimal expense and training needed (single function pedometers).
 6. 8 week program (4 weeks goal setting, 4 weeks self monitoring with consulting support).



- President's Council on Physical Fitness and Sports 2002
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Activity Break #1 "Gotta Run"

- **Weekly Chants**
 - **Don't Sit. Get Fit.**
 - One lap. No sweat.
 - Two laps. Better yet.
 - Three laps. Can do.
 - Four laps. Nothing new.
 - Five laps. Warming up.
 - Six laps. Yep. Yep.
 - Seven laps. Almost done.
 - Eight laps. Got to run!



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Stepping it up.

Chart for Active Children

Age Range	Gender	Step Range
8-10 years	Boys and Girls	12,000-16,000
12 years	Girls	10,479-11,274
12 years	Boys	12,300-13,989



Stepping it up.

Chart for Sedentary Children

Age Range	Gender	Step Range
8-12 years	Boys and Girls	3,500-5,500



We Count Components

- Teacher Manual
- CD of Materials
- Weekly Student Newsletters
- Weekly Parent Newsletters
- Pedometers
- Motivational Materials



"We Count"
Student Teacher Pedometer Packets
with Healthy, Well and Wise Curriculum Materials
Emphasizing Childhood Obesity Prevention Strategies
Published by Melinda Rosenweyer, Ed.D.

When Bigger is not Better.

- Weekly Student and Parent Newsletters
 - Nutrition Concepts
 - Physical Activity Concepts
- EDUCATE-Kids Can Be Taught to Make Healthy Choices.**
National Heart, Lung and Blood Institute
'05

WE COUNT
Healthy, Well and Wise Program
Student Newsletter - Partial Dates

"WE COUNT"
Sign up at www.peacefulplaygrounds.com

Play Nice! Newsletter
Oct. 2008
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School Talk
Simply educating kids about good nutrition can help them develop smart eating habits.

Nutrition: Smart, Easy, and Fun!
Autism | 10/20/08

Check out our Healthy Living Series!
Healthy Living Series: **WE COUNT!**
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Kids Can Be Taught to Eat Healthy Foods, Neatly!
Eating

Nickelodeon Announces Breakfast Program to Encourage Healthy Play!
GRANTS

Peaceful Playgrounds Partners
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Activity Break Chant #2 "Never stop"


- We never stop.
- We never quit.
- Because we want.
- To be real fit.
- 1-2-3-4
- I just want to run some more.



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Parent Newsletter

- Parent Newsletter
 - Reinforces concepts learned at school
 - Some suggestions for family action




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Weekly themes

- Physical Activity
 - Walking Basics
 - Physical Activity vs Calories
 - How Many Steps?
 - Benefits of Physical Activity

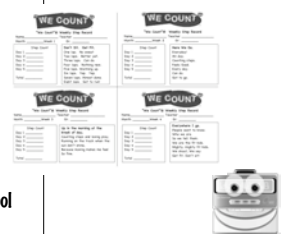
- Nutrition
 - When Bigger is not Better-Portion Sizes
 - Good Nutrition
 - Dietary Guidelines
 - Eat Smart. Play Hard.



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All the regular stuff to track steps

- Tracking Tools
- Stickers
- Certificates
- Bulletin Board
- Step Logs
- Bench Mark Chart
- Site License-Single School Site




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WE Count

- Wellness Curriculum

PLUS Motivational
Pedometer Program materials




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Chant #3 "Everywhere I go."

- Everywhere I go.
- People want to know.
- Who we are.
- So we tell them.
- We are the fit kids.
- Mighty, mighty fit kids.
- We shout. We say.
- Don't Sit. Get Fit!!!

Pick up your free
Don't sit. Get fit
bracelet on the way
out.



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