

We're Different!

Quality:

- Kid Proof Pedometers
- Guarantee 2yrs
- Teaching Materials for 10 minute lessons



Research Based Program includes:

- Instruction in Nutrition & Physical Activity
- Goal Setting
- Weekly Meetings

ORDER TODAY!

We accept checks and authorized purchase orders, no credit cards please. Add 12% for shipping and handling.

| Product | Qty. | Price Each | Total |
|--|-------------|------------|-------|
| "We Count" Pedometer Wellness Program | | \$399.00 | |
| Additional Pedometers (Call for Volume Pricing) | | \$19.99 | |
| Sub Total: _____ | | | |
| CA Only, Add Local Sales Tax: _____ | | | |
| Shipping: _____ (Normal Delivery 3-4 Weeks) | | | |
| Payment in U.S. FUNDS Only! All Sales are Final. | | | |
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| City _____ | State _____ | Zip _____ | |
| Daytime Phone _____ | Fax _____ | | |
| Email _____ | | | |
| School Website _____ | | | |
| Site License Should be Issued to _____ School | | | |
| Pack sold per school with site license for one school site. | | | |

Mail Payment to: Peaceful Playground™
17975 Collier Ave. Unit 5
Lake Elsinore, CA 92530

Questions? Contact:

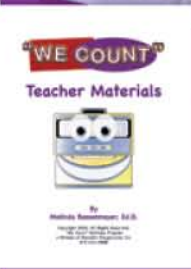
Melinda Bossenmeyer, Ed. D,
Phone: 877.444.9888
Fax: 951.245.6956

Email: sales@peacefulplaygrounds.com
Website: www.peacefulplaygrounds.com

"WE COUNT"

PEDOMETER WELLNESS PROGRAM

Research Based Children's Walking Program



Emphasizing Physical activity and nutrition education with additional supporting materials on childhood obesity epidemic.

WEEKLY TOPICS

- 1) Getting Started Walking
- 2) Pedometer Basics
- 3) When Bigger is NOT Better: Portion Sizes
- 4) Physical Activity VS. Calories
- 5) How Many Steps?
- 6) Good Nutrition Tips
- 7) Benefits of Physical Activity
- 8) Dietary Guidelines for Americans

Our materials are unique!



PROGRAM COMPONENTS:

- 1) Teacher Resource Pack
- 2) CD of Handouts, Logs, etc.
- 3) 10 Minute Lessons
- 4) Goal Setting Materials
- 5) Storage Case
- 6) 13 Pedometers
- 7) Weekly Step Logs
- 8) Student Newsletters
- 9) Parent Newsletters
- 10) Mileage Club Materials
- 11) Certificate
- 12) Stickers
- 13) Daily Step Record Card
- 14) Bench Mark Chart
- 15) Bulletin Board
- 16) Cadences

*** Site License to use materials at a single school site.

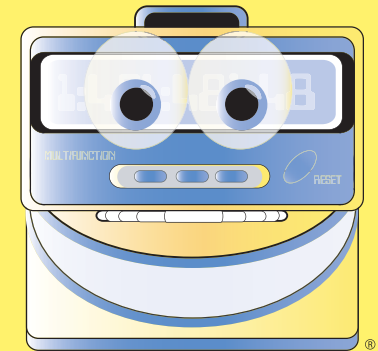
www.peacefulplaygrounds.com

AWARDS - We Count

“Promising Practice in After School Award”



www.afterschool.org



We Count Pedometer Program Findings:

Average Steps taken Oct - May increased by 48%

FIGURE 1. Average steps per week

