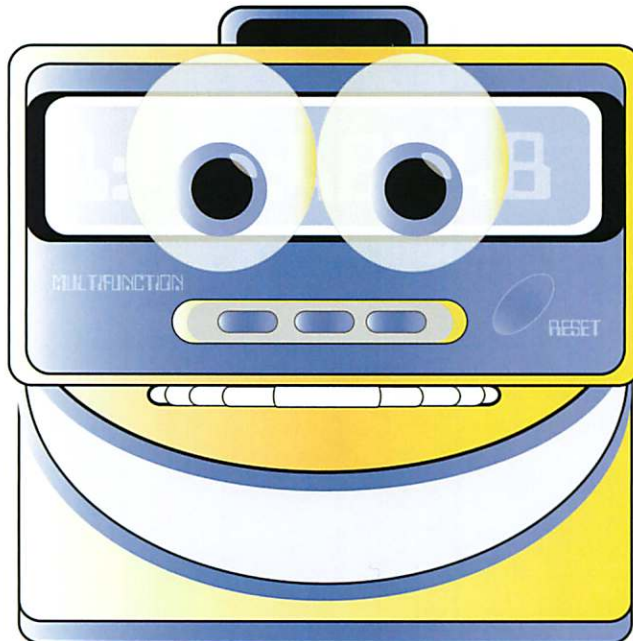


"WE COUNT"

Teacher Materials



By
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"We Count" Wellness Program
a Division of Peaceful Playgrounds, Inc
877-444-9888

"WE COUNT"

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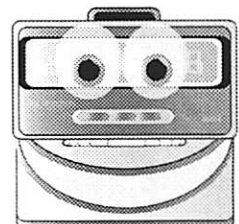
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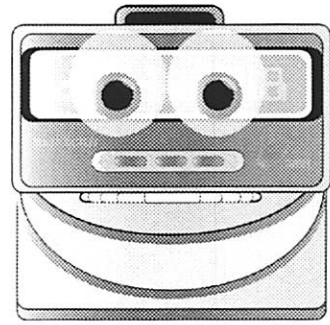
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Healthy, Well & Wise

Student Newsletter Week One: Getting Started

Crisis of Childhood

Do you know that one in five children in the U.S. is overweight and another 10% are at risk of weighing too much? You might say that's the good news.

Do you know that 66% of adults in the U.S. are overweight or obese?

The solution to the obesity crisis is a simple one to talk about. Eat less and move more! But the solution is not so simple when you begin the journey of weight loss.

For children, most doctors agree that keeping a healthy weight is directly related to physical activity. So how active are you? Research shows that active kids get around 11,000 steps a day. That's a little more than 2 miles.

How active are you? Use the chart on the side to indicate the activities you enjoy.

"We Count" Pedometer Program

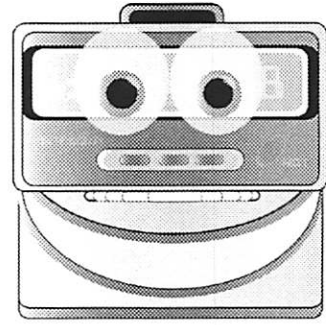
You are about to begin an important trip. The trip to good health and more activity. This trip will allow you to keep track of the number of steps you take each day and to set goals to become more active. Your teacher will help you with the 8 week "We Count" Program. You will receive a pedometer (tool that counts steps based on movement). You will also receive a walking log to record your progress and to set new goals each week.

Activity Choices	Check Activities
Jogging	
Walking	
Jumping Rope	
Walking to School	
Playing moving games at recess	
Playing moving games at lunch	
Playing moving games at home	
Riding bike to school	
Skateboarding	
Skating	
Dance	
Other	

"WE COUNT"

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Healthy, Well & Wise



Parent Newsletter:

Crisis of Childhood

Do you know that one in five children in the U.S. is overweight and another 10% are at risk of weighing too much? You might say that's the good news.

Do you know that 66% of adults in the U.S. are overweight or obese?

The solution to the obesity crisis is a simple one to talk about. Eat less and move more! But the solution is not so simple when you begin the journey of weight loss.

For children, most doctors agree that keeping a healthy weight is directly related to physical activity.



Ask your child about the "WE COUNT" Pedometer Program.

Getting Started

Regular physical activity is an essential part of childhood and essential for a lifetime of good health. To inspire more activity, your child's teacher will be presenting the "We Count" program designed to encourage students to be more active and aware of their physical activity level.

The advantages of an active life style are many: it improves overall fitness, decreases chances of type 2 diabetes, enhances self esteem, and has been shown to have a positive relationship between academics and fitness.

The program includes lessons on physical activity and nutrition. A pedometer is used to inform, educate and motivate children in the program to move. The "We Count" Pedometer Program is being provided by the school through grant resources.

"We Count" Steps Program

Your child is about to begin an important trip. The trip to good health and more activity. This trip will allow him/her to keep track of the number of steps each day and to set goals to become more active. Your child's teacher can provide you with additional information on the program. Your child will receive a walking log to record progress and to set new goals each week. Active students typically record from 11, 000 to 13,000 steps per day. Inactive children record between 3,500-5,500 steps per day. Regardless of the current activity level your child will receive his/her baseline step count and an individual weekly goal targeted at a 10% step increase per week.