

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			
Additional Pedometers (Call for Volume Pricing)			
Sub Total: _____			
CA Only, Add Local Sales Tax: _____			
Shipping: _____ (Normal Delivery 3-4 Weeks)			
Special Handling: _____ (Optional Priority Mail)			
Payment in U.S. FUNDS Only! All Sales are Final.		GRAND TOTAL: _____	
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Shipping Address			
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: 603B East Dougherty
Webb City, Mo 64870

Questions? Contact:
Melinda Bossenmeyer, Ed. D,
Phone: 951-245-6970
Email:

info@peacefulplaygrounds.com
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"WE COUNT"

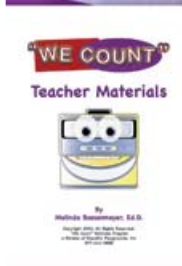
PEDOMETER WELLNESS PROGRAM

Research Based Children's Walking Program



"DON'T SIT."

GET FIT."



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

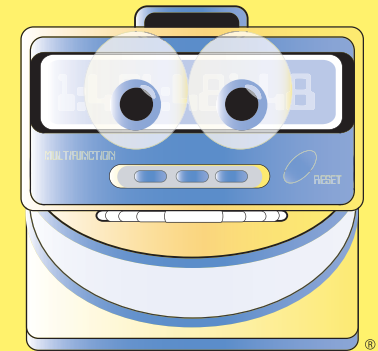
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AWARDS - We Count

“Promising Practice in After School Award”



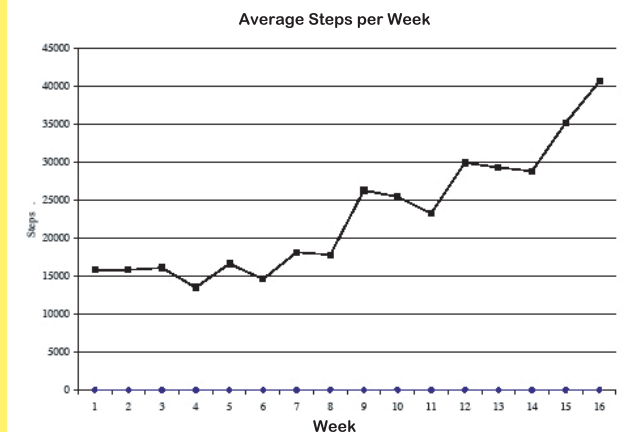
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We Count Pedometer Program Findings:

Average Steps taken Oct - May increased by 48%

FIGURE 1. Average steps per week



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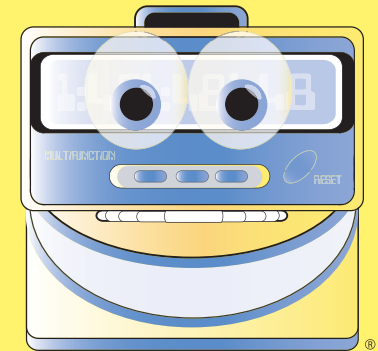
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