



We Accept the Challenge!

Our challenge is to run/walk 100 Miles this school year. Go to: 100mileclub.com and sign up today! This activity has been a very successful and engaging tradition at Ponderosa for many years. The 100 Mile Club motto is "Healthy, Happy, Connected Kids", and it has proven to be just that.

You can "Accept the Challenge" by going to the 100 Mile Club website, click on the Programs tab at the top and sign up for the 'At Home Program'. All of the information will be sent directly to you.

We are running in PE and recess as weather, smoke and schedules permit. Cohorts rotate on the track every five weeks for recess, and PE is 4 weeks at a time. Thus, we are promoting the 'At Home Program'. We can combine your student's miles from home and school. Simply email me, and I will send you the miles your student has accumulated at school at that time. This is an honor system, and prizes earned are awarded when students reach 25, 50, 75 and 100 mile markers. I reward miles at school with necklaces and 'footies' (plastic foot tokens), but I will not be able to reward 'footies' for miles at home. If

you would like to order them for your student, go to FitnessFinders.com.

I hope we have another successful year with many students and families participating in the 100 Mile challenge.

The positives of outdoor exercising
45 minutes really makes a difference!

- REDUCES SICK DAYS
- BOOSTS THE HAPPY CHEMICALS IN THE BRAIN
- IMPROVES SELF CONFIDENCE
- IMPROVES MEMORY AND LEARNING
- INCREASES RELAXATION
- IMPROVES COMMUNICATION, MOTIVATION AND PRODUCTIVITY
- RELAXES THE STRAIN ON EYES CAUSED BY ARTIFICIAL LIGHTING

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Nutritionist Joanna McMillan, Journal of Behavioural Nutrition, Sydney University, Heart Foundation, beyond blue, black dog and Diabetes Australia

Mrs. Nypaver