

LET'S GET PHYSICAL

What's the Deal with Physical Activity?

Check whether you think each sentence is **TRUE** or **FALSE**.

True **False**

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. People have to exercise as hard as they can if they want to be physically fit. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Regular physical activity strengthens your heart muscle. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Physical activity make people want to eat more. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Physical activity can help people relax. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Exercising a part of the body is a good way to reduce body fat in that part. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. It is not important for people to be physically active until they are 35 years old. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Physical activity can help people make new friends. |

Adapted from *Physical Fitness Promotion: A Collection of Practical Guidelines and Measures*.
IOX Assessment Associates, Los Angeles, 1988.
Reference: Jump Start Teens, California Project Lean

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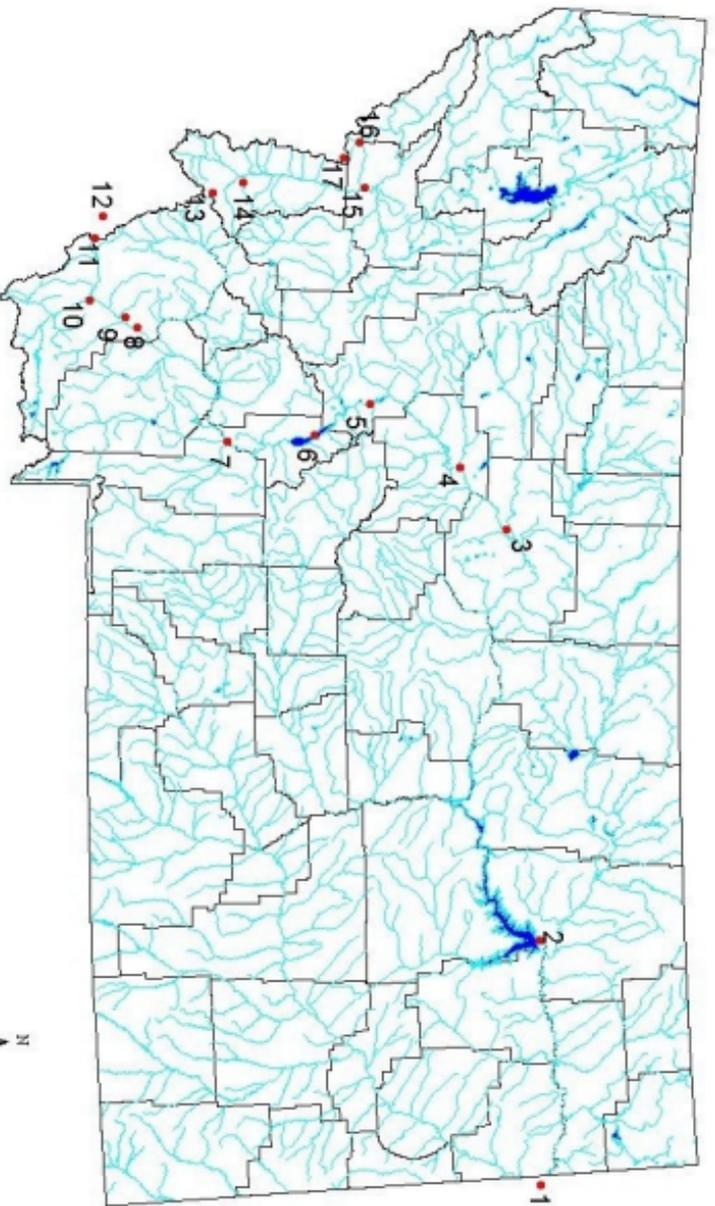
ANSWERS

True False

- | | | |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | 1. People have to exercise as hard as they can if they want to be physically fit.
Moderate and light physical activity can help you become physically fit, too! |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | 2. Regular physical activity strengthens your heart muscle.
Your heart gets exercise and gets stronger when you are physically active on a regular basis. |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | 3. Physical activity make people want to eat more.
Moderate physical activity makes many people feel less hungry. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | 4. Physical activity can help people relax.
Physical activity can relieve stress so people can relax. |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | 5. Exercising a part of the body is a good way to reduce body fat in that part.
Body fat in one part of the body cannot be reduced by exercising that part. When you lose fat, you lose it from all parts of your body. |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | 6. It is not important for people to be physically active until they are 35 years old.
People of all ages are healthier when they are physically active. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | 7. Physical activity can help people make new friends.
You can meet people and get to know them better while you get fit! |

Adapted from *Physical Fitness Promotion: A Collection of Practical Guidelines and Measures*.
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Lewis and Clark Fitness Challenge



Follow your progress along the Lewis and Clark Trail
as you earn points for physical activity

20 0 20 40 60 80 100 Miles

Lewis & Clark Trail
Westward Expedition Across Montana
Milestones and Mileage

The following sites are some of the major milestones along the Lewis & Clark Trail, traveling westward across Montana. The *approximate* mileage between each milestone is also stated below.

1. Fort Union
116 miles
2. Fort Peck Dam
236 miles
3. Fort Benton
40 miles
4. Great Falls Area
65 miles
5. Gates of the Mountains (**Approximate midpoint of the trail**)
25 miles
6. Canyon Ferry Lake
50 miles
7. Missouri Headwaters State Park (Three Forks)
70 miles
8. Beaverhead Rock State Monument
22 miles
9. Clark's Lookout Monument (Beaverhead Valley)
30 miles
10. Camp Fortunate Overlook
32 miles
11. Lemhi Pass
10 miles
12. Cameahwait's Shoshoni Camp
50 miles
13. Lost Trail Pass
15 miles
14. Ross' Hole
72 miles
15. Traveler's Rest
26 miles
16. Lolo Hot Springs
5 miles
17. Packer Meadows Camp

Total Miles: 864



Lewis and Clark Fitness Challenge

For the sixteen-week program, use the following mileage chart.

- ✓ **Sixteen Week Program:** Over 16 weeks, participants who are physically active for 30 minutes each day, at least six days a week will be able to reach the goal of "traveling" along the westward Lewis & Clark Trail (864 miles) across Montana. For every 30 minutes of physical activity, participants will progress 9 "miles" along the trail. Participants may get "extra credit miles" for physical activity beyond 30 minutes a day, six days a week.

<p>30 minutes = 9 "miles" 9 miles, 6 x/week = 54 miles/week 54 miles/week x 16 weeks = 864 miles</p>
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Lewis and Clark Fitness Challenge

For the eight-week program, use the following mileage chart.

- ✓ **Eight Week Program:** Over 8 weeks, participants who are physically active for 30 minutes each day, at least six days a week will be able to reach the goal of "traveling" along the westward Lewis & Clark Trail (864 miles) across Montana. For every 30 minutes of physical activity, participants will progress 18 "miles" along the trail. Participants may get "extra credit miles" for physical activity beyond 30 minutes a day, six days a week.

<p>30 minutes = 18 "miles" 18 miles, 6 x/week = 108 miles/week 108 miles/week x 8 weeks = 864 miles</p>

Lewis & Clark Fitness Challenge Tracking Calendar: 16-Week Program

Fill out your name, month, year, and days of the week on this calendar and then use it to keep track of your daily physical activity. Add up the total hours/minutes each week and then the entire month. Have fun and keep moving!

Name: _____ Month: _____ Year: _____

—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>

Keep track the amount of minutes you are physically active at home, school, or in sports. Make sure to count Lifestyle Activities too.

Monthly Totals:

Total Number of Minutes = _____ (A)

“A” divided by 30 = _____ (B)

“B” X 9 = _____ Miles Traveled (C)



Lewis and Clark Fitness Challenge

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Lewis & Clark Fitness Challenge Tracking Calendar: 8-Week Program

Fill out your name, month, year, and days of the week on this calendar and then use it to keep track of your daily physical activity. Add up the total hours/minutes each week and then the entire month. Have fun and keep moving!

Name: _____ Month: _____ Year: _____

—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>
—	—	—	—	—	—	—	Total <u>Minutes/Week</u>

Keep track the amount of minutes you are physically active at home, school, or in sports. Make sure to count Lifestyle Activities too.

Monthly Totals:
 Total Number of Minutes = _____ (A)
 “A” divided by 30 = _____ (B)
 “B” X 18 = _____ Miles Traveled (C)

WEEKLY ACTIVITY CHECK-OFF

Name _____

Are you an active, busy kid full of energy? Or, do you sit too much in front of the television or computer?

Every day, we have to sit still some of the time (like in school) and our bodies need daily rest (like at night).

Other times, our bodies need to MOVE. Moving our bodies works our muscles, strengthens our heart and keeps us healthy. It can also be a whole lot of FUN!

The chart below shows the types of activities that will keep your body cruising along at its very best. Keep track of your activities this week.

AEROBIC* ACTIVITIES:

Try for at least 3-5 each week

- | | | |
|--|---|--|
| <input type="checkbox"/> Biking__minutes | <input type="checkbox"/> Hiking__minutes | <input type="checkbox"/> Dancing__minutes |
| <input type="checkbox"/> Running__minutes | <input type="checkbox"/> Skiing__minutes | <input type="checkbox"/> Jump Roping__minutes |
| <input type="checkbox"/> Swimming__minutes | <input type="checkbox"/> Skating__minutes | <input type="checkbox"/> Fast Walking__minutes |

Other aerobic activities:

_____minutes_____
_____minutes_____
_____minutes_____

TOTAL AEROBIC ACTIVITIES_____

*Aerobic activities are those which you can do at a steady pace for at least **15 minutes**. You should be breathing a little hard but you *should not* feel out of breath.

GAMES AND SPORTS:

Try for at least 1-2 each week

- | | | |
|--------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Tag | <input type="checkbox"/> Basketball | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Wall Ball | <input type="checkbox"/> Football |
| <input type="checkbox"/> Ice Skating | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Karate or Tae Kwondo |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

TOTAL GAMES & SPORTS_____

OTHER WORK & PLAY ACTIVITIES:

Try for at least 1-2 each week

- | | | |
|--------------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Chores | <input type="checkbox"/> Gardening | <input type="checkbox"/> Bowling |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Hopscotch | <input type="checkbox"/> Stretching |
| <input type="checkbox"/> Tether Ball | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

TOTAL WORK & PLAY_____

Getting ACTIVE, Getting HEALTHY

The Lewis and Clark Fitness Challenge is an exciting way to help improve the fitness of Montana's youth. You can support the participants – by modeling healthy eating and an active lifestyle. Here are six simple steps to improving your own personal fitness levels.

1. Make a commitment to physical activity.

There is no way around it. An active lifestyle is essential to maintain a healthy weight. However, there's NO need for painful exercise or boring workouts. All it takes is a commitment to regular, enjoyable physical activity – for the rest of your life.

2. Make physical activity part of your daily routine.

Most people identify TIME as the biggest obstacle to exercise. The secret is to fit fitness into your normal routine. The good news is that every step counts. Set a simple activity goal: at least 10 minutes at a time; at least 30 minutes total; at least 5 days a week.

3. Be active at least 10 minutes at a time.

If you have an hour to go to the fitness center, that's great. If you don't, it's still possible to get the activity you need for weight management and overall health. All it takes is **TEN minutes of activity at a time** – like walking around the block or around the mall.

4. Be active at least 30 to 45 minutes a day.

You can do it all at once; you can do 10-minute “sparks” of activity. You can do it inside; you can do it outside. You can do it alone; you can do it with friends. All you have to do is get a **TOTAL of 30 to 45 minutes** of fun physical activity on most days of the week.

5. Be active at least 5 days a week.

Some people like the routine of going to a class at the gym, while others get bored doing the same thing day after day. Fitness classes, dancing with friends, playing with the kids, walking the dog, shoveling snow, **it all counts** – just do something every day (or almost).

6. Choose activities you enjoy.

Change the “E” word from exercise to **ENJOYMENT**. Dance with a loved one, walk the dog, or fly a kite. Put on some music, and rock around the house. If you love what you are doing, you'll keep doing it – and you'll keep moving toward a healthy weight.

Lewis and Clark Fitness Challenge



