

Racing For Fitness

Remember: 30 minutes of physical activity / exercise = 1 Lap

Only 1 bonus lap can be earned for each 30 minute activity completed with a parent, guardian, family member, or sibling who does not attend Ames, **regardless of the number of family members participating or the length of time spent exercising.**

Example: A boy goes for a 60 minute bike ride with his Mom & Dad. The child earns 2 Laps, **PLUS** 1 lap for family participation. **Total laps = 3**
(Mom & Dad together earn 1 bonus lap, even though they both rode for 60 minutes.)

Sample Activities:

Bicycling	Ballet	Baseball	Basketball
Bowling	Cheerleading	Dancing	Hockey
Flag Football	Golf	Gymnastics	Softball
Rollerblading	Ice Skating	Karate	Tennis
Skateboarding	Soccer	Swimming	Yoga
Tumbling	Volleyball	Wrestling	Walking the dog
Shoveling Snow	Washing The Car	Vacuuming	Cutting the grass

Playing catch, frisbee, kickball, tag, jump roping, hula hooping, exercising, stretching, playing at the park, any fitness related activity that gets you up & moving for 30 minutes or more!!!!



DECEMBER HIGHLIGHT ACTIVITY



*Help an elderly person shovel snow for 30 minutes = 3 Laps

*Go ice skating, sledding, skiing, or snowboarding for 30 minutes = 2 Laps

*Eat 3 new vegetables this month = 1 Lap

Activity Sheets Due: Wednesday January 5th

Please remember to write your **FIRST & LAST** name on your sheet.

Please total your laps: 30 minutes = 1 lap

1 hour (60 minutes) = 2 laps

2 hours (120 minutes) = 4 laps