

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
Raking leaves	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!!!!



MARCH HIGHLIGHT ACTIVITY



- Go for a 30 minute bike ride with someone in your family = 2 laps
- Time for Spring Training--Play catch with a friend for 30 minutes = 2 laps
- Celebrate St. Patrick's Day--Do the Irish Jig, dance, or jump rope to Irish music for 15 minutes = 1 Lap
- Go grocery shopping with one of your parents, then make a BIG healthy salad with green veggies for St. Patrick's Day.

PLEASE REMEMBER:

- WRITE BOTH YOUR FIRST & LAST NAMES ON YOUR SHEET
- ADD UP YOUR LAPS & RECORD THE TOTAL FOR THE MONTH
- PARENT SIGNATURE REQUIRED
- **20 LAPS NEEDED TO MEET YOUR GOAL**

Activity Sheets Due: Wednesday, April 7th