



# Presidential Active Lifestyle Award



## Box Elder County 4-H Team Group Number 100334

**YOU**, a Box Elder County 4-H member, leader or parent, are invited to join the Box Elder County 4-H President's Challenge Fitness Team. Our goal is to be more active and have fun. And while we do that we will be supporting the National 4-H Council's goal to have 100,000 4-Hers across the country earn a Presidential Active Lifestyle Award.

**Who Can Participate?** Youth ages 6-17 & Adults age 18+

**What Do You Have To Do?** To earn this award you need to be physically active 5 days a week for 6 of 8 consecutive weeks. Youth should be active for at least 60 minutes a day and adults for at least 30 minutes a day.

### Why Should I Join The Team?

1. To get out and be active and have fun with friends and family.  
This would be a great summer activity for 4-H families and 4-H clubs to work on together. Maybe you could add a "get up and move" activity to every 4-H club meeting and a family walk, bike ride or basketball game after dinner a few days a week.
2. To follow through on your pledge to commit your "health to better living."
3. To help the National 4-H Council meet its goal to have 100,000 4-Hers earn the Presidential Active Lifestyle Award.

**How Do I Join?** To join the Box Elder County 4-H team create a free account at <http://www.presidentschallenge.org/>, choose which challenge you want to participate in, and look up our group, Box Elder County 4-H, group number 100334, in the activity tracker.

### How Do I Track My Activities?

Online: You can record your activities online by logging in to your account and entering them there. If you choose this option record your activities at least every 14 days. The tracking system won't let you go back any further than that to make entries.

Paper: You can also record your activities on paper using the PALA activity log. You can print a copy of the activity log by visiting [extension.usu.edu/boxelder](http://extension.usu.edu/boxelder). If you choose to use the paper activity log, please fill in all the information requested. Youth participants will need to get the signature of a parent or

4-H leader on the form. Complete form must be received at the USU Extension Office by Friday, October 7, 2011. Send completed forms to:

PALA Challenge  
USU Extension  
1 South Main  
Brigham City, UT 84302

Fax to: 435 695-2540

E-mail to: [ann.henderson@usu.edu](mailto:ann.henderson@usu.edu)

**When Do I Need To Complete The Challenge?** This challenge ends on September 30, 2011. That means you have to start by August 22, 2011.

**When Will The Certificates Be Presented?** Presidential Active Lifestyle Award certificates will be presented to 4-Hers that complete the challenge by September 30, 2011 at 4-H Achievement Night.

## President's Challenge Activities



From archery to kayaking to soccer and shuffleboard, everyone can find an activity ( or two or three) that will help them meet the activity goals of the Presidential Active Lifestyle Award (PALA) or Presidential Champions challenge.

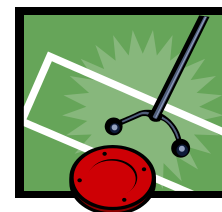
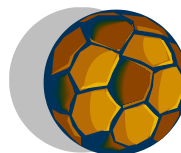
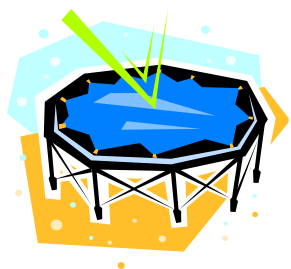
Our definition of activity is simple: it's any movement that uses large muscle groups as opposed to sitting or lying down. Physical activity doesn't have to be continuous to be healthy, either. Doing chores around the house counts. So does walking to school. But passively playing video games doesn't.

You might notice that your favorite activity is not listed. If that's the case we apologize. The good news is that this list is always changing to keep up with fitness trends.



We hope you find something you enjoy in the list below. Get out there and get active.

Aerobics	Foot Bag	Mountain Climbing	Snowboarding
Archery	Frisbee	Nintendo Wii (sports)	Snowmobiling
Badminton	Gardening	Nordic Walking	Show Shoeing
Baseball	Golf	Orienteering	Soccer
Basketball	Gymnastics	Paddleball	Softball
Baton Twirling	Handball	Pedometer	Squash
Billiards	Hang Gliding	Pilates	Stationary Bike
Bowling	Hiking/Backpacking	Polo	Stretching
Boxing/Kick Boxing	Hockey	Racquetball	Surfing
Calisthenics	Home Repair	Rock Climbing	Swimming
Canoeing	Horseback Riding	Roller Skating	Table Tennis
Cardio Machines	Horseshoe Pitching	Rope Jumping	Tai Chi
Cardio Tennis	Household Tasks	Rowing	Tennis
Cheerleading	Hunting	Rowing Machine	Track & Field
Children's Games	Inline Skating	Rugby	Trampoline
Circuit Training	Jai Alai	Running	Trap & Skeet
Cricket	Juggling	Sailing	Unicycling
Croquet	Kayaking	Scuba Diving	Volleyball
Cross-Country Skiing	Lacrosse	Shuffleboard	Walking
Curling	Lawn Bowling	Skateboarding	Wallyball
Dancing	Lawn Mowing /	Skating	Water Aerobics
Darts	Gardening	Ski Jumping	Water Jogging
Diving	Lifting/hauling	Skimobiling	Water Polo
Downhill Skiing	Marching	Skydiving	Weight Training
Fencing	Martial Arts	Sledding	Whitewater Rafting
Field Hockey	Motocross	Snorkeling	Wrestling
Fishing	Mountain Biking	Snow Shoveling	Yoga





# The Active Lifestyle Activity Log

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_

Group ID \_\_\_\_\_ Age \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

## Verification

I certify that I have met the requirements of the Presidential Active Lifestyle Award.

I have met my daily activity goal for at least 5 days each week. Participant Signature \_\_\_\_\_

I have performed my physical activities for at least 6 weeks. Supervising Adult's Signature (if applicable) \_\_\_\_\_

Note: Submit this paper log to your teacher or group administrator, or keep for your own records.

Please do not submit to the President's Challenge office. See inside back cover for award ordering information.