



2011 FACILITATOR GUIDE

www.wonderfitness.ca



Welcome to the 2011 WONDERCARES™ FITNESS CHALLENGE



We're committed to helping students get active, stay healthy and reach Health Canada's recommended 90 minutes of daily exercise.

YOUR ROLE AS THE FACILITATOR

Distributing Challenge materials to participating teachers in your school.

Gathering the exercise minute totals from those teachers each week.

Submitting the school's overall exercise totals to Wonder Cares (see Submit Totals).

Updating the school's fitness progress poster on a weekly basis.

WHAT'S IN YOUR PACKAGE?

For Facilitators

SCHOOL FITNESS POSTER

Make a fitness pledge for your school and track your progress week by week.

PARENT COUNCIL LETTER

To communicate your school's commitment to fitness.



For Teachers



EXERCISE POSTERS

Display fitness routines for K-3 and 4-8 levels. There are three posters for each level, one set for each participating teacher.

"MUSIC TO MOVE YOU" CD

Will get your students motivated to get moving!



TEACHER INFORMATION SHEETS

To help participating teachers in your school run the Challenge and record classroom exercise totals.



GETTING STARTED

Teachers that are committed to participating in the 2011 WonderCares™ Fitness Challenge should be given a set of three exercise posters matching their grade level and a Teacher Information Sheet. If you have more participating teachers than "Music to Move You" CD's, encourage teachers to work with each other to get as many students active as possible.

MAKE A PLEDGE

Will your students exercise for 30, 60 or Health Canada's recommended 90 minutes a day? Using the chart below, calculate your school's weekly fitness pledge.

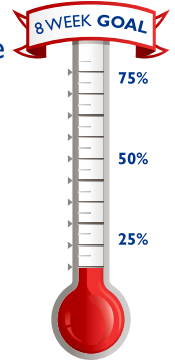
Your eight week fitness goal is now ready to be filled in at the top of the thermometer. Remember to display your totals poster in an area for all your students to see.

Minutes Exercised Per Day	Weekly Pledge
30	150
60	300
90	450

HIT THE GOAL!

You will need to collect exercise totals from teachers every week to track your school's weekly success on the Progress Poster.

Don't forget to colour in the thermometer as you go!



EVERYONE WINS

When children are active and healthy everyone wins.

Each week you submit fitness totals for your school you will be entered to win weekly prizes in addition to the mid-program and grand prizes!

- 5 weekly prizes of \$100 worth of sporting equipment of your choice!*
- 1 mid-program prize of \$4,000 worth of sporting equipment!*
- 1 Grand Prize of \$10,000 to go towards new playground equipment!

SUBMIT TOTALS

There are four simple and easy ways to submit your school's fitness totals.

ONLINE:

- Go to www.wonderfitness.ca and click on 'Submit Totals'.
- Follow the instructions to submit your school's exercise totals and then click 'Submit'.

EMAIL:

Send an email to info@wonderfitness.ca with the following information:

- Your school's name
- The week you are submitting for
- The number of minutes your school has exercised

FAX:

Complete the exercise totals form included in your Facilitator Guide and fax it to 1-866-978-1653 (toll-free) or 416-466-5002. Download additional fax submission forms from www.wonderfitness.ca.

PHONE:

Call us toll-free at 1-888-660-9997 ext.229

Remember, you need to submit exercise totals for a chance to win prizes for your school. Each week you submit is another chance to win!

See official Rules & Regulations at www.wonderfitness.ca.

*The Prize(s) consist of the winning school(s)' choice of sporting equipment to be selected from a list which will be provided at the time a school is notified they have won.





BUILD EXCITEMENT

Get your students and their parents excited about your school's participation in the 2011 WonderCares Fitness Challenge. Here are some ways to build awareness about your school's involvement.

PA ANNOUNCEMENT

Ask students to read a brief statement to launch the *WonderCares Fitness Challenge* at your school. You can also play the "Music to Move You" CD over the morning announcements to get your students excited about getting active!

SCHOOL NEWSLETTER

To inform parents of their child's participation in the program, highlight your school's participation in the *WonderCares Fitness Challenge* by writing about it in your school newsletter.

PARENT COUNCIL LETTER

Use the enclosed Parent Council letter to generate excitement amongst your school's volunteers.

