



Welcome to the 2011 WonderCares™ Fitness Challenge!

You are one of 2500 elementary schools across Canada participating in the Challenge.

This 8-week program is a fun and easy way to help teachers get their students active and work towards Health Canada's recommended 90 minutes of daily exercise. As a participating teacher, all the tools you need are provided and explained below:

GETTING STARTED

Posters

The **WonderCares** Fitness Challenge facilitator at your school will provide you with 3 posters, each demonstrating different fitness routines and exercises that are appropriate for the age group of your classroom. Display these posters in your classroom and vary the routines you do with your students to perform a balanced fitness routine.

"Music to Move You" CD

The "Music to Move You" CD has seven songs that your students will love. Play your students' favourite songs as a motivational tool to get your class excited. You will be sharing a CD with other teachers, so try to plan the timing of your routines together.

WINNING PRIZES

Tallying Exercise Totals

Use the Weekly Fitness Totals form (on the reverse side) to calculate and keep track of the minutes your class spends being active with the **WonderCares** Fitness Challenge. At the end of each week, submit your totals to your school's Program Facilitator to be passed on to the **WonderCares** team.

Each week that your facilitator submits exercise totals, your school will be entered into a draw for the chance to WIN:

- **1 Grand Prize of \$10,000 to go towards new playground equipment for your school**
- **1 Mid-Program Prize valued at \$4000 of gym and/or sporting equipment for your school**
- **1 of 5 Weekly Prizes valued at \$100 each of sporting equipment for your school**

... NOW IT'S TIME TO GET MOVING!

WEEKLY FITNESS TOTALS

Keeping track of the number of minutes your students have exercised is easy!

Use the simple formula below to calculate your class's daily exercise totals. Record these totals in the chart below and submit your weekly totals to the WCFC Program Facilitator in your school.

$$\frac{\text{_____}}{\text{(\# of students in your class)}} \times \frac{\text{_____}}{\text{(minutes exercised)}} = \frac{\text{_____}}{\text{Daily Total}}$$

Week 1: April 18 – April 22

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 1 Total
Daily Total						

Week 2: April 25 – April 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 2 Total
Daily Total						

Week 3: May 2 – May 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 3 Total
Daily Total						

Week 4: May 9 – May 13

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 4 Total
Daily Total						

Week 5: May 16 – May 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 5 Total
Daily Total						

Week 6: May 23 – May 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 6 Total
Daily Total						

Week 7: May 30 – June 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 7 Total
Daily Total						

Week 8: June 6 – June 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Week 8 Total
Daily Total						