



Take the **President's Challenge**

The Presidential Active Lifestyle Award (PALA)
www.presidentschallenge.org

This award program is designed to help you make and keep a commitment to regular physical activity. The PALA motivates adults to be active for 30 minutes a day/5 days a week (or 60 minutes a day for youths 6-17). It just takes a few simple steps.

1. Choose activities

Choose activities that you enjoy and make you feel good. Any activity counts as long as you are moving large muscle groups of the body.

2. Get active

You need to get moving to meet your daily activity goal. There are hundreds of activities you can use in the six-week program. You can take up to eight weeks to complete the requirements.

If you like to run or walk, you can use a pedometer and record your number of steps each day. The goal for adults is 10,000 steps a day; for girls ages 6-17 the goal is 11,000 steps a day, and for boys ages 6-17 it is 13,000 steps a day. You can log minutes one day and pedometer steps the next, as long as you meet your daily activity goal of minutes or steps. Individuals doing less than the goal are encouraged to gradually increase their activity until these goals are met.



3. Track your activity

You can track your activities using our online physical activity log or a paper log. Sample logs can be found on our website.

4. Meeting your goal

After six weeks of continuous activities, you deserve to be recognized for your efforts. You have the option of ordering the PALA on-line, by phone, fax, or mail.

This is just the beginning. You are encouraged to continue earning the PALA for consecutive six-week periods or you can strive to be a Presidential Champion (see reverse side).

www.presidentschallenge.org
1-800-258-8146

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services



Take the President's Challenge

The Presidential Champions Program
www.presidentschallenge.org

This program is for those who are already active more than 30 minutes a day/5 days a week (or more than 60 minutes a day for youths under 18). There's even a special option for athletes and others who train at more advanced levels.

The Presidential Champions program is only available on the President's Challenge web site, www.presidentschallenge.org. Getting started takes just a few simple steps.

1. Choose activities

Choose activities that you enjoy and make you feel good. Any activity counts as long as you are moving large muscle groups of the body.

2. Get active

You're striving for the bronze, silver, and gold medals. You'll earn points for every activity you log. The number of points you earn is based on the intensity of your activities and the amount of time you spend being physically active.

3. Track your activity

Our online activity log makes it easy for you to track the time you spend being active. You can log your time as often as you want, in amounts as short as five minutes. You can enter activities for the last seven days.

4. Earn an award

You deserve to be recognized for all your efforts. The Presidential Bronze, Silver, and Gold medals are available to order online, phone, fax, or mail. You'll find all the program details - including how many points are needed for each award level - online at www.presidentschallenge.org. The only thing left is to log on and sign up!



The President's Challenge
501 N. Morton Street, Suite 203
Bloomington, IN 47404-3731
www.presidentschallenge.org
1-800-258-8146

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services