

“LIVE FIT, EXERCISE FOR LIFE”



It's Summertime – Enjoy the Outdoors and Stay Fit!!

You're invited to participate in this award recognition program for youth ages 8-15, to encourage physical fitness during the summer months:

**Improve your Heart Health, Bone Support,
Sense of Well Being, Social Activity, and Physical Health**

Be Physically Active Each Day

60 minutes or more for youth ages 8 and up

Commit Some Time Each Week

At least three days a week of aerobic, muscle strengthening,
and bone strengthening activities

Make It Last

Participate throughout the summer and log your activities
from June 15th – August 31st

Parents assist participating youth in tracking their physical fitness through a number of summer activities and return the enclosed exercise log to:

Taryn Broomfield, State Youth Specialist
BPSI Contract Employee
2823 West Main Street, Bldg 509
Rapid City, SD 57702
605-737-6919
taryn.broomfield@us.army.mil

* Exercise Log Sheets must be returned no later than September 15, 2010 *

Examples Of Participation

Running	Bronze	15 miles over the summer
	Silver	16-30 miles
	Gold	More than 31 miles
Swimming	Bronze	50 laps over summer
	Silver	51-70 laps
	Gold	More than 71 laps
Weight lifting	Bronze	15 hours over the summer
	Silver	16-30 hours
	Gold	More than 31 hours
Biking	Bronze	50 miles over the summer
	Silver	51-70 miles
	Gold	Over 71 miles
Walking	Bronze	25 miles over the summer
	Silver	26-38 miles
	Gold	Over 39 miles
Other approved activities	Bronze	25 hours over the summer
	Silver	26-40 hours
	Gold	Over 41 hours

Combinations of the above activities are accepted. Other possibilities are accepted as well, such as aerobics, circuit training, hiking, martial arts, roller blading, dancing, soccer, tennis – basically anything that gets you moving!

Awards: Bronze, Silver, and Gold level awards for youth who enroll and meet or exceed program standards.

A Supreme Physical Excellence award will go to the male and female who log the most activity in the state of South Dakota over the summer.

Enjoy Your Summer!