



PEDOMETER FITNESS CHALLENGE



Today we learned why taking more steps in our day is important. The more we move the healthier, stronger and more flexible our bodies will be.

We learned how to use a pedometer to track our steps. We started a pedometer fitness challenge as a class to simulate walking from the Mall of America in Minnesota to another destination. Ask your child where their class is walking to. To help the class succeed on this journey, each student will wear a pedometer and track his or her steps. Help your child remember to reset their pedometer each morning. Each student can track their personal progress on his or her Pedometer Fitness Challenge worksheet.



AT HOME ACTIVITY

Increasing Daily Steps

There are many ways to increase your daily steps.

Here are a few examples to get you started:

- Take a walk with your spouse, child or friend.
- Walk the dog.
- Use the stairs instead of the elevator.
- Park farther from the store.
- Walk to the store.
- Get up to change the channel on the TV
- March in place during commercials.
- Window shop.
- Walk over to visit a neighbor.
- Get outside to walk around the garden or do a little weeding.

Now use your imagination and come up with two more ideas to add to this list.

HYDRATE FOR HEALTH

Drinking water is the number one way to rehydrate your body, quench your thirst, and ward off fatigue. The best way to stay hydrated all day is to carry a water bottle full of fresh clean water with you everywhere you go. Start with a BPA free, colorful water bottle for each family member. Remember to not store the bottle in the car or freezer, and of course to refill it throughout the day.

