



Shape Up Walking Challenge

Dear Parent/ Guardian:

We are pleased to announce that our program is participating in the
Shape Up San Francisco Walking Challenge
March 9 to May 15, 2009

The Walking Challenge is a city-wide initiative motivating people to get moving! People are challenged to join a team (like a classroom or workplace team) and commit to being more physically active. The Challenge encourages walking as the main form of exercise because it's easy, free, and already a part of everyone's daily life. To complete the Shape Up Walking Challenge, our group will have to walk the equivalent of the California coastline for a total of 1016 miles.

We are inviting your child to be a part of our teams. He or she will be a part of a walking group led by our program staff for _____ minutes, _____ time(s) per week. Our program staff will plan safe walking routes around our site and will measure the distance the group walks each week using pedometers. In addition to walking, the Challenge encourages participants to track activities such as biking, playing basketball, dancing and swimming (20 minutes = 1 mile) on weekends or after school by using the attached **Activity Tracking Form**. We'd love your help with tracking these additional activities and reporting them to your child's teachers.

Visit www.shapeupsfwalkingchallenge.org to monitor our program's progress. You can also find useful information about pedestrian and bike safety, exercise tips, and forms such as program information and permission slips.

If you are interested in participating in the Walking Challenge too, please visit the website to join an existing team (like one of ours!) or start one of your own.

Contact us for assistance. We will gladly count your weekly family total mileage towards our program total.

Families who are active together:

- ✓ Develop healthy attitudes toward exercise and nutrition.
- ✓ Establish a regular exercise routine.
- ✓ Experience significant health benefits.
- ✓ Become more aware of your neighborhood.
- ✓ Have fun and enjoy spending time together.

Please fill out the permission slip and return by _____ so that your child may participate.

Thank you.