

Quantico Family Fitness Challenge 2013

Guide Sheet

Purpose: To help families and individuals achieve healthier lifestyles through positive change to physical activity and eating habits.

To participate, your family/team must:

1. Choose one, 8-week session (session 1 or session 2) in which your family/team logs their daily activity and chooses a weekly nutrition goal.

Session 1	OR	Session 2
Start: 14 Jan 2013		Start: 11 Feb 2013
End: 8 Mar 2013		End: 5 Apr 2013
Logs due on: 15 Mar 2013		Logs due on: 12 Apr 2013

2. Choose a registration location*:

Semper Fit Health Promotion Office	OR	Quantico Youth Center	OR	Any Quantico Base School
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**Logs must be turned into your original registration location; therefore, you must register and drop-off at the same location. See contact information below for more on each location.*

3. *****FOR QMHS ONLY:** Teams may consist of 3-6 individuals, at least one of the team members must be a QMHS faculty member or a student parent.

Registration Process:

1. Families/team will sign-up in-person at chosen registration site and fill out required registration form
2. All registered families/team will receive this guide sheet and enough lifestyle logs for each family/team member.
3. Dependent on your registration location, pedometers may be available for check-out (1 pedometer per registered family or team). First come, first serve. You are responsible for cost if pedometer is lost. *Use of a pedometer is not a requirement for the challenge.*

Once your family/team has registered:

1. Each family/team member tracks their activity and nutrition goals on their *individual* lifestyle logs during the 8-week session. It is recommended to meet the following goals:
 - a. Adults (anyone aged 18 or older), your goals are:
 - i. To be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily steps using a pedometer, your goal is 8,500 steps per day.
 - ii. To focus on a healthy eating goal each week. There are many to choose from the list below. Each week you will add a goal and continue with all previous goals.
 - b. Children and Teens (anyone aged between 5 and 17), your goals are:
 - i. To be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily steps using a pedometer, your goal is 12,000 steps per day.
 - ii. To focus on a healthy eating goal each week. There are many to choose from the list below. Each week you will add a goal and continue with all previous goals.

2. Turn-in completed logs at registration location by the due dates (see session information above).
3. Please see your registration site staff for more information on incentives once completed logs are returned.

Ideas for Physical Activity

Have fun! It is recommended to be active every day but choose all kinds of activities to meet this goal. Try playing together outside as a family, go bowling, take the stairs instead of the elevator, clean out the garage or attic, help with yard work, walk the dog, or see how many jumping jacks you can do!

Ideas for Weekly Nutrition Goals (from ChooseMyPlate.gov)

 I made half my plate fruits and vegetables	 At least half of the grains that I ate were whole grains
 I chose non-fat or low-fat dairy products (ex. milk, yogurt, cheese)	 I drank water instead of sugary drinks
 I chose lean protein sources (ex. chicken, beans)	 I chose foods with less sodium and chose fresh vs. canned food more often
 I ate fish or seafood, preferably non-fried	 I ate fruit instead of candy for dessert

Contact Information

Semper Fit Health Promotion office (inside Barber Physical Activity Center, 2073 Barnett Avenue)

-Hours: M-F, 0730-1600

-Phone: 703-784-3780

Quantico Youth Center (3312 Purvis Road)

-Hours: M-F, 0600-0830 and 1430-1800

-Phone: 703-784-2249

Quantico Base Schools

-Ashurst ES: School Nurse, 703-630-7040

-Burrows ES: 703-630-7050

-Quantico M/HS: Lisa Hatcher, School Nurse, 703-630-7053

-Russell ES: Tami Streib, School Nurse, 703-630-7065