2008 National President's Challenge Fact Sheet

A Healthier Nation: It's Everyone's Challenge

March 20 - May 15

Registration: March 1 - April 3
at www.presidentschallenge.org

RISE TO THE CHALLENGE The National President's Challenge is an opportunity to get America up and moving. Everyone aged 6 and older is encouraged to rise to the challenge. All you have to do is be active five days a week for six out of eight weeks, and log your activity at www.presidentschallenge.org. It's good for you, it's fun, and it's free! States compete with each other for national honors, but you can also challenge other schools, your friends at work, or just challenge yourself to get more active. The payoff is a healthier nation and a healthier you.

Why participate? **Two thirds of us are obese or overweight, and our kids are three times more likely to be overweight now than in 1980. We can turn that around and have fun doing it! You can get your school involved and compete with other schools, participate with your employer, challenge your friends or just pledge to get and stay more active. Whether you're a governor, a teacher, a community leader or a kid, a healthier you is a healthier nation. Do it for yourself and be a role model for others.**

When you've completed the 6 week program, you can download a free certificate or purchase pins, T-shirts, sport packs, medals and more – available at the President's Challenge order center *www.presidentschallenge.org/order_center/index.aspx*

How do I participate? It's simple and it's free! Be active five days a week for six of the eight weeks between March 20 and May 15. We allowed two weeks for inevitable schedule conflicts, so the commitment is not unrealistic. Register and log your activity at **www.presidentschallenge.org**. That's it!

The amount of time you need to be active depends on your age. If you're 6-17 years old, you should be active for an hour per day. If you're 18 or over, 30 minutes per day is all it takes.

DON'T GO IT ALONE

There are many ways to get others involved at school, at work, at home or at church. Some of those ways are outlined below, along with some tips for organizers. The website makes it easy to keep track of your individual and group progress.

Get Your School Involved

Register your school and compete with other schools. Get recognition for your school and each student. See the Teachers section of the website for details.

Schools with a minimum 35% completion rate will receive a special certificate.

www.presidentschallenge.org

Get Your Organization Involved

The Challenge is a great way for HR administrators to meet their corporate wellness goals and improve health risk assessments. The website makes it simple to administer, and it's free, so it won't compete with existing programs for resources.

Organizations with a minimum 35% completion rate will receive a special certificate.

Get Your State Involved

The governor of the state with the highest participation percentage will be declared the national winner. Special recognition will be given to governors of the top five participating states. You can help your state win!

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