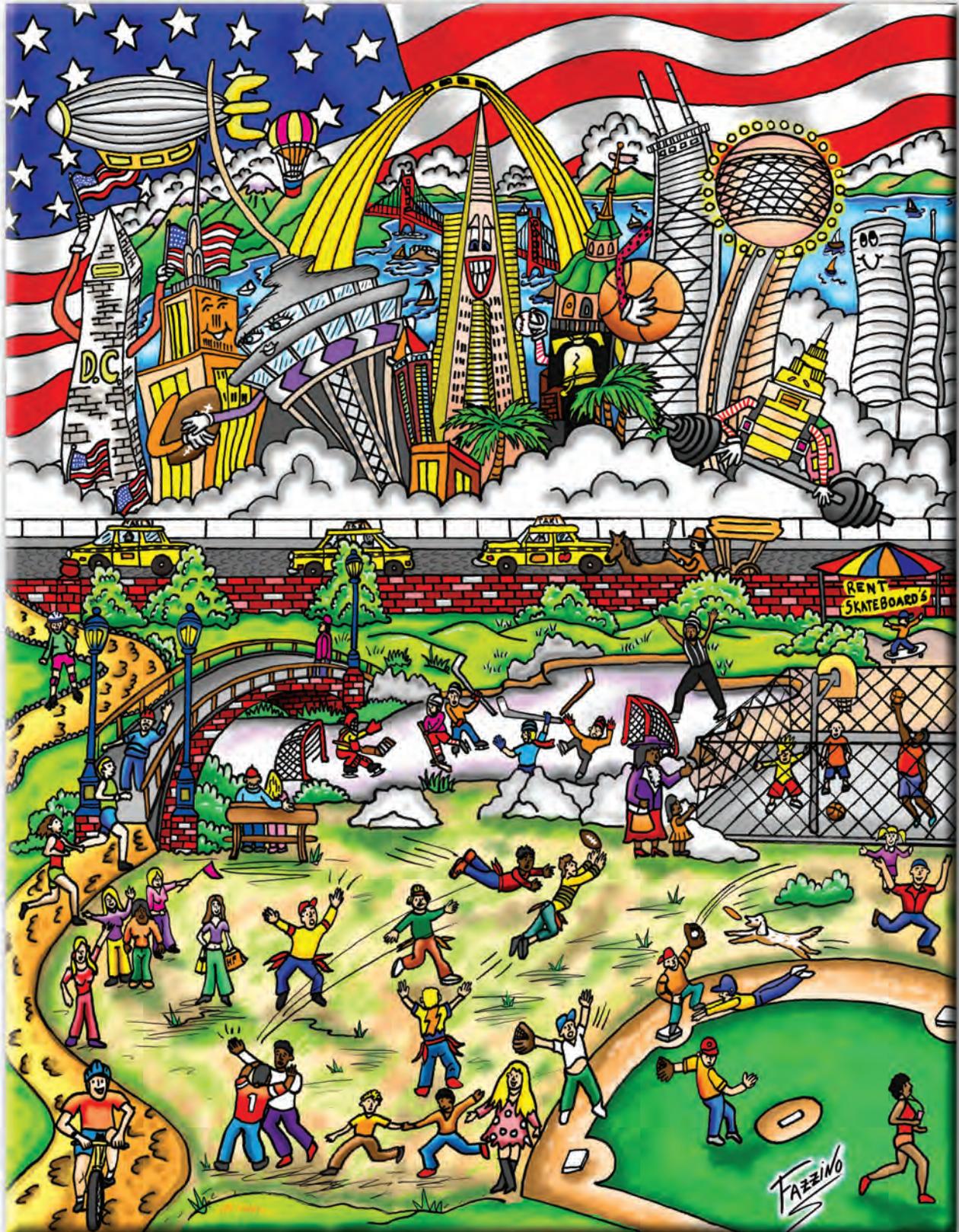


TAKE THE PRESIDENT'S CHALLENGE 2008-2009



IT'S FUN & GOOD FOR YOU!

The President's Challenge is a program of the President's Council on Physical Fitness and Sports,
U.S. Department of Health and Human Services, www.fitness.gov
www.presidentschallenge.org





THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

A MESSAGE FROM THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

The President's Council on Physical Fitness and Sports (PCPFS) is pleased to present the 2008–09 President's Challenge Physical Activity and Fitness Awards Program. 2008 marks the 50th anniversary of the National Youth Fitness Test (YFT), which serves as the basis for the President's Challenge. The National Youth Fitness Test has greatly influenced school-based assessments and programs in the USA and across the globe. Significant public health promotion and disease prevention initiatives and ongoing research have resulted in youth physical fitness assessment changes since 1958 and, subsequently, some of the following notables for the PCPFS: the name change to the President's Challenge; the motto and creation of presidential recognition for all levels of physical and health fitness achievement, "Everybody is a winner in Fitness"; and then, with the turn of the century, an emphasis on increasing physical activity participation for young and old. The President's Challenge is all grown up and available for Americans of all ages and abilities!

2008–09 is a time for change: individual, group, and community. We all understand the link between physical activity and health across the lifespan. We continue to rely on school administrators, teachers, community leaders, and parents to serve as not only the key motivators but also true models: walking the talk and incorporating fun and activity into their daily lives. To help you accomplish this, we offer the free motivational tool, the President's Challenge (www.presidentschallenge.org), to enhance a new or existing program as well as provide access to resources and information.

2008 will also see the launch of the first ever National Physical Activity Guidelines. Over the past 40 years, many organizations and government entities have issued physical activity recommendations. While there was scientific consensus on the health benefits of physical activity, there were differences in particular recommendations. The Department of Health and Human Services hopes to make these guidelines practical and applicable to needs. We NEED all of you at all levels to help us raise the awareness of the recommendations, and promote and incorporate them into our ongoing work so we can truly work towards a more fit and active America at all ages.

We applaud your commitment and dedication to physical activity and fitness promotion and implementation and invite you to stay informed by visiting our two Web sites, www.fitness.gov and www.presidentschallenge.org, or by calling us at 202-690-9000.

Change is GOOD but it can only come about through cooperation and collaboration. Let's build a more fit and active America TOGETHER!

HUBERT H. HUMPHREY BUILDING
ROOM 738H • 200 INDEPENDENCE AVENUE, SW • WASHINGTON, D.C. 20201
PHONE: 202-690-9000 FAX: 202-690-5211

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Building a Healthy America—One Student at a Time

Be active—it's fun and good for you!

Welcome to the President's Challenge! For more than 40 years, the Presidential Physical Fitness Award has been recognizing youth for reaching outstanding levels of physical fitness. Most teachers remember taking the test themselves; now it is your turn to motivate our young people to be more active and get healthier in the process. Healthy kids will help us build a stronger nation.

Whether it's taking the physical fitness test or keeping track of physical activity with the Presidential Active Lifestyle Award, your students will have fun and enjoy the memories of this program for the rest of their lives. It's an American tradition.

You have in your hands all of the necessary information to administer any of the four programs.

Physical Fitness Test It's a classic!

Health Fitness Test A great option that incorporates BMI!

Presidential Active Lifestyle Award (PALA)
Six weeks of physical activity!

Presidential Champions Program
Earn the Bronze, Silver, Gold, and Platinum Medals!
(available only online)

Adult Fitness Test Teachers and Parents can see if they measure up!

On the cover: Pop artist Charles Fazzino is internationally known for his detailed, highly energetic, and colorful style. He has been selected as an official artist for countless charitable and prestigious organizations and events during his three-decade career, including the 2008 Beijing Olympics, eight Super Bowls, the Grammy and Country Music Awards, the Muscular Dystrophy Association, and the President William J. Clinton Presidential Foundation. In 2009, he will be celebrated in his home country, Finland, as the official artist for the Pori Jazz Festival.



The Active Lifestyle Program

The Presidential Active Lifestyle Award is a great way to motivate people of all ages to be physically active on a regular basis. You have the power to help build a healthier America. Just be active every day. This program is based on three simple requirements.

1. **Be Physically Active Each Day** – 30 minutes for adults, 60 minutes for youth. Whether it's walking the dog or taking an exercise class, you can log it.
2. **Commit Some Time Each Week** – At least five days per week. It's easier than you think.
3. **Make It Last** – For a period of six weeks. Once you earn your Presidential Active Lifestyle Award, you will want to keep moving.

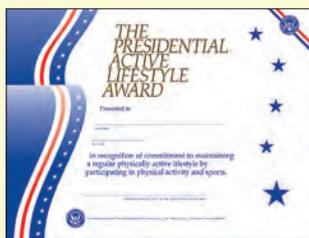
Almost any activity counts as long as it involves the movement of large muscle groups in the body. Our Web site has a great list of more than 100 different activities to choose from. Have fun and see if you can find more!

Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	9,000
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	8,500
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50
Participant Signature _____		Date _____

Presidential Active Lifestyle Awards (PALA)

For anyone who meets their daily activity goal 5 days per week for 6 weeks as part of the Active Lifestyle program. You'll also receive five eagle stickers; each time you complete the program, you can apply one to your certificate.



Presidential Active Lifestyle Award Certificate
(Actual Size: 8" x 10")
Item Code #110
\$.50

Using a pedometer

Whenever you run or walk, you can use a pedometer – a small device that automatically counts the number of steps you take. Then just record the number of steps in your activity log.

If you want to log minutes one day and pedometer steps the next, that's okay, as long as you meet your daily activity goal of minutes or steps.

- Girls 6 to 17 – At least 11,000 steps a day
- Boys 6 to 17 – At least 13,000 steps a day
- Adults 18 or older – At least 8,500 steps a day

If you're just starting out, determine your average steps per day for one week. Then increase your steps by 500 per day each week until you reach your requirement.

The AE2790 Pedometer is ultra thin and counts steps, distance walked, and calories burned. It features a clock, an automatic activity timer, and an easy-to-read, oversized display, and it includes a safety leash.

The StepLinq is our basic pedometer that counts the number of steps. It features a recessed reset button and a spring belt clip. This pedometer is great for younger kids.



The AE2790
Item Code #140
\$9.95
(Actual Size: approximately 2 1/4" x 1 1/2")



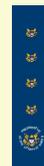
The StepLinq
Item Code #141
\$.795 (quantities limited)

Presidential Active Lifestyle Award Set

Complete award set includes one of each: Certificate, Emblem, and Strip of Stickers
Item Code #100
\$1.75



Presidential Active Lifestyle Award Emblem
Available only as part of the Presidential Active Lifestyle Award Set



Strip of Stickers
For Presidential Active Lifestyle Award Certificates.
Item Code #120
\$.30



Presidential Active Lifestyle Award Lapel Pin
(Actual Size: About 3/4" diameter)
Item Code #150
\$.300



Bumper Sticker
(Actual Size: 3" x 12")
Item Code #130
\$.50



The Active Lifestyle Activity Log

Participant Name _____ Date Started _____

Date Completed _____

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Verification

I certify that I have met the requirements of the Presidential Active Lifestyle Award

I have met my daily activity goal for at least 5 days each week. Participant Signature _____

I have performed my physical activities for at least 6 weeks. Supervising Adult's Signature (if applicable) _____

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office. See inside back cover for award ordering information.

Active Lifestyle Model School

This is a **free** recognition program for schools. It's based on the results of the Active Lifestyle Program and is open to all schools with at least 50 students enrolled. To be eligible for the award, your school must have at least 35% of your total enrollment earn the Presidential Active Lifestyle Award two or more times during the school year.

Become an Active Lifestyle Model School

Application – 2008–2009 Active Lifestyle Model School Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

E-mail _____ Web site _____

Type of School (Check all that apply)

- Elementary Jr. High Public Home School
 Middle Sr. High Private

A. Total eligible enrollment (50 or greater):

This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 1, 2009 or the last official day of school, if earlier.

	Boys	Girls	Total
A.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here			

B. Total number of students earning the PALA two or more times during the school year.

	Boys	Girls	Total
B.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here			

C. Percentage: Divide eligible enrollment (A) into the total number eligible (B) and enter the percentage here.

C.	<input type="text"/>
Enter total % here	

$$B/A \times 100 = \%$$

D. Verify that this percentage is equal to or greater than 35%.

Check here

Official certification must be completed in order to receive recognition

I certify that the students listed on this application properly qualified for the Presidential Active Lifestyle Award (PALA) the number of times indicated. These pupils either recorded their amount of physical activity per day or recorded their number of steps per day, five days per week, for a period of six weeks and they met the criteria for this award two or more times during the school year.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Phone _____ E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Active Lifestyle Award (PALA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Phone _____ E-mail _____



MODEL SCHOOL 08-09

The award

To thank you for your commitment to physical activity, Active Lifestyle Model Schools receive a school certificate of recognition as well as certificates of recognition and embroidered bars to be placed underneath the awards of all students who qualify.

A list of Model Schools is kept on the President's Challenge Web site (www.presidentschallenge.org).

How to enter

We accept applications year round. However, in order to receive bars indicating the 2008–2009 school year, your application must be postmarked no later than July 1, 2009.

1. Complete your President's Challenge Active Lifestyle program for the school year.
2. Complete this application for the Active Lifestyle Model School, including the Class Composite Record (on back) of students who qualify.
3. Once officially certified, return these forms to our office:

The President's Challenge

Attn: Model School Entries
 501 N. Morton Street, Suite 203
 Bloomington, IN 47404

Fax: 812-855-8999

You can also apply online
 at www.presidentschallenge.org.



The Presidential Champions Program (online only)

Once you complete the Presidential Active Lifestyle Award, you can either give it another try or move on to the Presidential Champions program. This Web-based physical activity tracking program will motivate people of all ages to be active. It's easy! All you have to do is...

Pick your activity...

Select activities that you enjoy and make you feel good. For example, you could go running, walk the dog, or participate in martial arts. You can take the Challenge by yourself, or together with friends and family.

Get out and do it...

Your goal is to see how many points you can earn by being active. You'll earn points for every activity you log. Points are based on the amount of energy each activity burns. So the more active you are, the more points you'll get.

Log it...

Our online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in amounts as short as 5 minutes. You can even go back and enter activities for the previous 14 days.



Earn Awards

The Presidential Champions Program recognizes your accomplishments with special awards. The first goal to aim for is a Bronze award. Then you can keep going for a Silver and Gold. For those seeking a new challenge, keep logging your activity and work your way toward the Platinum! Visit the Web site for details on this award level.

You'll find all the program details – including how many points are needed for each award level – below and online at www.presidentschallenge.org. The only thing left to do is to log on and sign up.

Presidential Champions Awards

Presidential Champions Bronze Award

For anyone who earns 20,000 points in the Presidential Champions Program.

Presidential Champions Silver Award

For anyone who earns 45,000 points in the Presidential Champions Program.

Presidential Champions Gold Award

For anyone who earns 80,000 points in the Presidential Champions Program.



Presidential Champions Medallions (Gold, Silver, Bronze)

(Actual Size: About 2 1/2" diameter)
Item Code #200 (Gold) \$7.00
Item Code #201 (Silver) \$6.50
Item Code #202 (Bronze) \$6.00



Presidential Champions Lapel Pins (Gold, Silver, Bronze)

(Actual Size: About 7/8" diameter)
Item Code #210 (Gold) \$3.50
Item Code #211 (Silver) \$3.25
Item Code #212 (Bronze) \$3.00



Presidential Champions Ribbons (Gold, Silver, Bronze)

(Actual Size: 2" x 7 1/2")
Item Code #220 (Gold) \$1.00
Item Code #221 (Silver) \$.90
Item Code #222 (Bronze) \$.80



Presidential Champions Certificates (Gold, Silver, Bronze)

(Actual Size: 8" x 10")

Item Code #230
\$0.85

Item Code #231
\$.75

Item Code #232
\$.60

Presidential Champions Set

Complete award set includes one of each: Certificate, Medallion, Lapel Pin, and Ribbon
Item Code #240 (Gold) \$10.50, Item Code #241 (Silver) \$10.00, Item Code #242 (Bronze) \$9.50

The Youth Physical Fitness Program

This program helps assess the current fitness level of youth aged 6–17, and offers awards to encourage them to stay active. Remember – students can try as often as they'd like. All students are winners in the President's Challenge.

What It's All About

The Physical Fitness Program includes five events that measure muscular strength/endurance, cardiorespiratory endurance, speed, agility, and flexibility. The program offers the three awards listed in the box on the right.

Testing Guidelines

The PCPFS recommends fitness testing **at least twice each year**, in the fall and spring. Testing works best as part of a complete physical education program that supports the assessment with educational and motivational information.

Before conducting the President's Challenge, or any youth fitness test, you should review and take into consideration each individual's medical status to identify medical, orthopedic, or other health problems.

At the onset of testing, make sure everyone taking the test knows the correct techniques for each event, including proper pacing and running style. **There is no limit to the number of tries an individual may have on each event.**

The individual's age at the onset of testing should be used for comparison to the appropriate award standards, located on page 11. Qualifying standards are based on the 1985 National School Population Fitness Survey, with appropriate modifications as referenced.

Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical fitness program. These students can and should be motivated to develop lifetime habits of appropriate physical activity and receive recognition for their achievements in physical fitness. Suggestions for modifications that permit boys and girls with disabilities, ages 6–17, to be acknowledged for their achievement and to qualify for all President's Challenge awards are available from the NCPAD Web site (see below).

Teachers or fitness leaders may decide that other students without identified disabilities (e.g., asthma sufferers) also need modifications in one or more of the test categories or awards. We rely on the professionals in the field to accommodate those special young people. You know your students the best.

In some cases, when students do not reach President's Challenge standards on one or more of the test items in the awards program, qualified instructors, using professional judgement, may choose to qualify those students for higher award levels.

For more information on physical activity for those with disabilities, please visit the National Center for Physical Activity and Disability Web site at www.ncpad.org.

Physical Fitness Program Awards

The Presidential Physical Fitness Award

This award recognizes youth who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile of qualifying standards on all five events are eligible for this award. Emblems available with and without year.



Presidential Physical Fitness Award Emblem + Magnet

(Actual Size: About 3" diameter)
Emblem *without year* Item Code #013
Emblem *with year* Item Code #016
\$1.50
Magnet Item Code #041
\$.75

The National Physical Fitness Award

This award is for those who score at or above the 50th percentile on all five events, but fall below the 85th percentile in one or more of the events. This demonstrates a basic, yet challenging, level of physical fitness. Emblems available with and without year.



National Physical Fitness Award Emblem + Magnet

(Actual Size: About 3" diameter)
Emblem *without year* Item Code #020
Emblem *with year* Item Code #017
\$1.25
Magnet Item Code #042
\$.75

The Participant Physical Fitness Award

Those whose scores fall below the 50th percentile on one or more events receive this award for taking part in the Physical Fitness Test. Emblems available with and without year.



Participant Physical Fitness Award Emblem + Magnet

(Actual Size: About 2 1/2" diameter)
Emblem *without year* Item Code #022
Emblem *with year* Item Code #018
\$.75
Magnet Item Code #046
\$.50



Presidential Physical Fitness Certificate

(Actual Size: 8" x 10")
Item Code #015
\$.50



National Physical Fitness Certificate

(Actual Size: 8" x 10")
Item Code #021
\$.25



Participant Physical Fitness Certificate

(Actual Size: 8" x 10")
Item Code #023
\$.25



Bumper Stickers

(Actual Size: 3" x 12")
Presidential Item Code #043
\$.50
National Item Code #044
\$.50

Youth Physical Fitness Test Instructions

1. Curl-ups

Objective

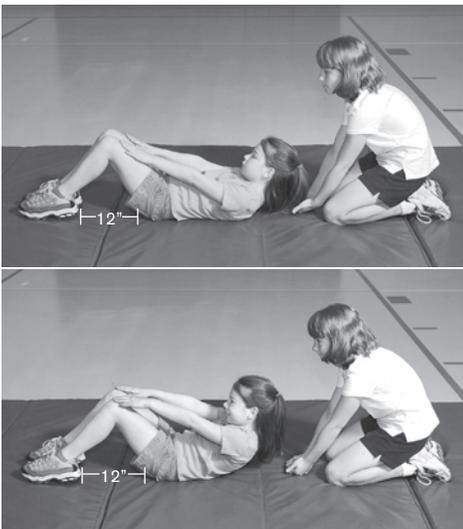
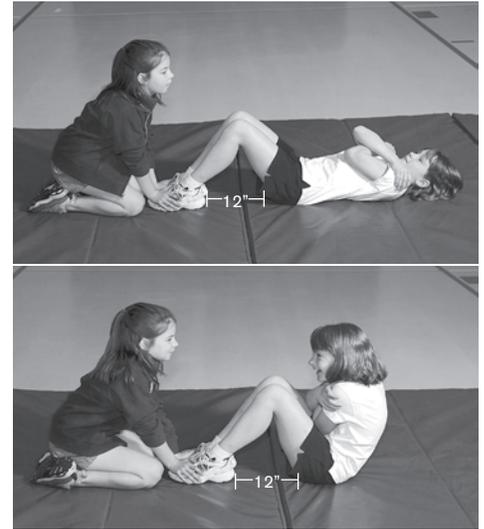
To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk, curling up to touch the outside of forearms and elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 11 for qualifying standards.



OR 1a. Partial Curl-ups

Objective

To measure abdominal strength/endurance by maximum number of curl-ups.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner kneels behind with hands cupped under the student's head. The student being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm. The student should remain in motion during the entire three second interval.

Scoring

Record only those curl-ups done with proper form and in rhythm. See page 11 for qualifying standards.

Rationale

Partial curl-ups, completed slowly with knees bent and feet not held, are also an indicator of strength and endurance of the abdominal muscles.





2. Shuttle Run

Objective

To measure speed and agility.

Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block and runs back across the starting line.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 11 for qualifying standards.

3. Endurance Run/Walk

Objective

To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Scoring

Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.



Option for 6–7 year olds . . . 1/4 mile

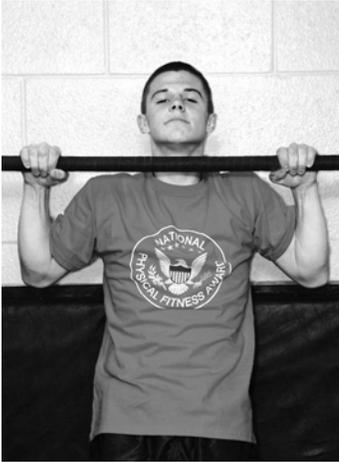
Option for 8–9 year olds . . . 1/2 mile

Alternative distances for younger children are 1/4 mile for 6–7 year olds, and 1/2 mile for 8–9 year olds. The same objective and testing procedures are used as with the mile run. See page 11 for qualifying standards.

Rationale

Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile. However, some teachers find it easier to administer a shorter run, which provides good information on cardiorespiratory endurance of young children.





4. Pull-ups

Objective

To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing

Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 11 for qualifying standards.

OR 4a. Right Angle Push-ups

Objective

To measure upper body strength/endurance by maximum number of push-ups completed.

Testing

The student starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel and slightly apart (approximately 2–4 inches) with the toes supporting the feet. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm. The student should remain in motion during the entire three second interval.



Scoring

Record only those push-ups done with proper form and in rhythm. See page 11 for qualifying standards.

Rationale

Right angle push-ups provide a good indicator of the range of strength/endurance found in children and youth, whereas some are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

OR 4b. Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards. Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective

To maintain flexed-arm hang position as long as possible.

Testing

Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring

Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 11 for qualifying standards.



5. V-Sit Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A straight line two feet long is marked on the floor as the baseline. A measuring line four feet long is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8–12 inches apart. With hands on top of each other, palms down, the student places them on measuring line. With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.



Scoring

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 11 for qualifying standards.

OR 5a. Sit and Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A specially constructed box is used with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the Web site or by contacting the President's Challenge office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, the student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.



Scoring

Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 11 for qualifying standards.



**President's Challenge
Sit and Reach Box**
Item Code #350
\$99.95

President's Challenge Sit and Reach Box

The President's Challenge now offers a sit and reach box to help you test students' flexibility. It has a built-in footplate, a maximum reach indicator, and scales in inches and centimeters. Assembly is easy and requires no tools. See inside back cover for ordering information.

Physical Fitness Test Score Pads

Our 50-sheet test score pads make it easy to write down scores and comments on the physical fitness test, then tear off the pages and give them to students, or take them back to your office. See inside back cover for ordering information.

Student Name _____		
Class _____	Period _____	Year _____
Height _____	Weight _____	Age _____
Testing Date _____		
Event	Score	Award Level
1. Curl-ups or Partial Curl-ups	_____	_____
2. Shuttle Run	_____	_____
3. Endurance Run/Walk	_____	_____
4. Pull-ups or Sit-Angle Push-ups or Flexed-Arm Hang	_____	_____
5. V-Sit Reach or Sit and Reach	_____	_____
Award Earned _____		
Comments: _____		

Physical Fitness Test Score Pads

(Actual Size: 5" x 7")
Item Code #310
\$2.00



Building a Healthier Nation—One Student at a Time

Qualifying Standards for all students – The Presidential Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
								(min:sec) 1/4 mile	(min:sec) 1/2 mile		
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	09:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
16	56	73	8.7	+6.0	38	6:08			11	44	
17	55	66	8.7	+7.0	41	6:06			13	53	
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
16	45	49	10.1	+9.0	42	8:23			1	24	
17	44	58	10.0	+8.0	42	8:15			1	25	

*Chart reflects 85th percentile of scores that students must reach.

The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed- Arm Hang (sec)
								(min:sec) 1/4 mile	(min:sec) 1/2 mile			
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
16	45	37	9.4	+3.0	30	7:10			7	30	28	
17	44	42	9.4	+3.0	34	7:04			8	37	30	
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
16	35	26	10.9	+5.5	34	10:31			1	12	7	
17	34	40	11.0	+4.5	35	10:22			1	16	7	

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Chart reflects 50th percentile of scores that students must reach for the National Physical Fitness Award.

The Participant Physical Fitness Award

Those who attempt all five events but have one or more scores below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org. Click on any category, then choose *Downloads* at the bottom of the page, and see *Forms*.

PCPFS Demonstration Center Schools

A PCPFS Physical Activity and Fitness Demonstration Center School is an elementary or secondary school that meets its state's physical education standards and clearly emphasizes physical activity and fitness in its physical education program, and whose students:

- Are active at least 60 minutes a day, in or out of school
- Receive instruction on the importance of physical activity and fitness
- Learn to be active in safe and healthy ways
- Learn a variety of skills that can help them stay active for a lifetime

Why be a PCPFS Demonstration Center School?

PCPFS Demonstration Center schools serve as role models that welcome observation by teachers, administrators, and community members who are interested in improved physical education instruction. Your PCPFS Demonstration Center school would be a valuable resource to your community!

How to qualify as a PCPFS Demonstration Center

If you feel your school is eligible to become a PCPFS Demonstration Center, you can download an application form online at www.presidentschallenge.org. You'll find all the information you need to qualify and contact information for the state coordinator in your area. All signatures must be obtained in order to qualify.



How are PCPFS Demonstration Centers recognized?

The President's Council on Physical Fitness and Sports works with the State Coordinator and/or the State Department of Education to certify that the

school meets PCPFS Demonstration Center criteria. Once confirmed, the President's Council awards a certificate and flag for each PCPFS Demonstration Center at the time of certification. The chair of the President's Council will also send a letter of congratulations to the school principal soon after the school is certified. We also maintain a list of PCPFS Demonstration Centers on the President's Challenge Web site and recommend that others visit these schools.

What is a PCPFS Honor Roll school?

To give all schools an opportunity to qualify, a school may serve as a PCPFS Demonstration Center for no more than three years. But that shouldn't mean an end to quality school physical activity and fitness programs.

Schools that have served as PCPFS Demonstration Centers for three years and still meet President's Council and state criteria may be recommended for the PCPFS Honor Roll.

The State Coordinator makes the recommendation for honor roll status. These schools will receive a special certificate signifying their tenure and will be listed as PCPFS Honor Roll schools on the President's Challenge Web site.



ACSM Members Volunteer to Serve as State Coordinators

To promote active and healthy lifestyles, the President's Council on Physical Fitness and Sports is working with the American College of Sports Medicine (ACSM) to identify additional State Coordinators and PCPFS Demonstration Centers that provide quality physical education programs for students in all 50 states.

Please visit www.presidentschallenge.org/educators/school_recognition/demo_center.aspx to view the most current list of PCPFS Demonstration Center Coordinators in America.

Fitness File: Free software to manage student testing in three simple steps

1. Register as a Challenge Coordinator

- Enter records for students and instructors at your school
- Maintain up-to-date student and instructor information
- Run fitness testing reports for your school

2. Upload Student and Instructor Information

- Input student information either manually or all at once
- Set up instructor accounts

3. Inform Instructors

- Fitness File will send an e-mail to instructors notifying them how to log in

Log on to www.presidentschallenge.org and follow the links to Fitness File.

Free online support is available via e-mail at preschal@indiana.edu.

Become a Physical Fitness State Champion School

Entry Form – 2008–2009 State Champion Physical Fitness Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

E-mail _____ Web site _____

Type of School (Check all that apply)

- Elementary Jr. High Public Home School
 Middle Sr. High Private

Deadline:

Entries must be postmarked by **July 1, 2009**. No entries will be processed after this deadline.

A. Total eligible enrollment* (50 or greater): This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 1, 2009, or the last official day of school, if earlier. *This includes any 6-year-olds in kindergarten.

Category		
Circle one		
I	II	III
Boys	Girls	Total
A.		
Enter figures here		

B. Total number qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2008–2009 school year.

Boys	Girls	Total
B.		
Enter figures here		

C. Percentage: Divide total eligible enrollment figure (A) into Total Number Qualifying (B)

C.	
Enter total % here	

$$B/A \times 100 = \%$$

Official certification must be completed to enter the competition

I certify that the pupils qualifying were tested in strict adherence to the President's Challenge physical fitness test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms were used to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Phone _____ E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Physical Fitness Award (PPFA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Phone _____ E-mail _____



The award

Each year, we present three schools in each state with the State Champion Award. Each school must have the highest percentage of its students qualify for the Presidential Physical Fitness Award in its school enrollment category.

The winning school in each category receives a distinctive award certificate and recognition on the President's Challenge Web site. Students at each school who earn the Presidential Physical Fitness Award will receive an additional embroidered emblem and a certificate of recognition. These awards are provided free of charge.

Category 1. Schools with 50–200 students enrolled

Category 2. Schools with 201–500 students enrolled

Category 3. Schools with over 500 students enrolled

How to enter

To be considered for the 2008–2009 school year, award entries must be postmarked no later than July 1, 2009.

1. Complete your President's Challenge testing for the 2008–2009 school year.
2. Complete the enclosed entry form and composite record on the back of this page.
3. Return the entry form to:

The President's Challenge

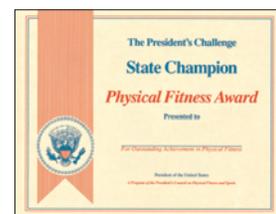
Attn: State Champion Entries
501 N. Morton Street, Suite 203
Bloomington, IN 47404

Fax: 812-855-8999

You can also apply online at www.presidentschallenge.org.

Notification

All schools entering the State Champion program will be notified on October 1. We will also notify your state governor and members of Congress.



The Youth Health Fitness Program

This program recognizes students who achieve a healthy level of fitness. It also offers schools an alternative to the traditional Physical Fitness Program.

Youth can earn the Health Fitness Award by meeting the qualifying standards in each of the five events: partial curl-ups, one-mile run/walk, V-sit or sit and reach, right angle push-ups or pull-ups, and Body Mass Index (BMI).

A BMI calculator can be found on the President's Challenge Web site at www.presidentschallenge.org. Choose any age category, then click on *Tools to Help*.

Health Fitness Test Items

Use criterion referenced standards listed on this page.

1. Partial Curl-ups (page 7)
2. Endurance Run/Walk with distance option (page 8)
3. V-Sit Reach or Sit and Reach option (page 10)
4. Right Angle Push-ups or Pull-ups option (page 9)
5. Body Mass Index (BMI)

Health Fitness Award Standards

	Age	Partial* Curl-Ups (#)	One-Mile Run (min:sec)	Distance Options**		V-Sit Reach (inches)	Sit and Reach (centimeters)	Right Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
				OR	(min:sec) 1/4 mile					
BOYS	6	12	13:00	OR	2:30	1	21	3	1	13.3-19.5
	7	12	12:00		2:20	1	21	4	1	13.3-19.5
	8	15	11:00		4:45	1	21	5	1	13.4-20.5
	9	15	10:00		4:35	1	21	6	1	13.7-21.4
	10	20	9:30			1	21	7	1	14.0-22.5
	11	20	9:00			1	21	8	2	14.0-23.7
	12	20	9:00			1	21	9	2	14.8-24.1
	13	25	8:00			1	21	10	2	15.4-24.7
	14	25	8:00			1	21	12	3	16.1-25.4
	15	30	7:30			1	21	14	4	16.6-26.4
16	30	7:30			1	21	16	5	17.2-26.8	
17	30	7:30			1	21	18	6	17.7-27.5	
GIRLS	6	12	13:00		2:50	2	23	3	1	13.1-19.6
	7	12	12:00		2:40	2	23	4	1	13.1-19.6
	8	15	11:00		5:35	2	23	5	1	13.2-20.7
	9	15	10:00		5:25	2	23	6	1	13.5-21.4
	10	20	10:00			2	23	7	1	13.8-22.5
	11	20	10:00			2	23	7	1	14.1-23.2
	12	20	10:30			2	23	8	1	14.7-24.2
	13	25	10:30			3	25	7	1	15.5-25.3
	14	25	10:30			3	25	7	1	16.2-25.3
	15	30	10:00			3	25	7	1	16.6-26.5
16	30	10:00			3	25	7	1	16.8-26.5	
17	30	10:00			3	25	7	1	17.1-26.9	

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

How to Determine Body Mass Index

Objective: To estimate body composition.

Rationale: Body composition is an important component of physical fitness. Body Mass Index is one method to estimate this fitness component.

Testing: Determine total body weight in kilograms (2.2 lb = 1 kg) and height in meters (1 in = 0.0254 m). Use the table on our Web site to convert to BMI, or use this formula:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m)}} \quad (\text{Note: height}^2 = \text{height} \times \text{height})$$

Example: A 16 year-old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{1.727\text{m}^2} = \frac{70}{2.98} = 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year-old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range.

Health Fitness Award

For youth who meet the qualifying standards on all five events of the Health Fitness Test.



Health Fitness Certificate
(Actual Size: 8" x 10")
Item Code #025
\$.25



Health Fitness Award Emblem
(Actual Size: About 3" diameter)
Item Code #024
\$1.25



PCPFS Science Partners



**American Alliance for Health,
Physical Education, Recreation,
and Dance**



**American College of
Sports Medicine**



American Heart Association



**American Orthopaedic Society
for Sports Medicine**



**American Physical Therapy
Association**



**National Strength and
Conditioning Association**



**National Athletic Trainers'
Association**

Professional Recognition and Guidance

PCPFS Honor Award

The PCPFS Honor Award is given annually to an individual who has made a major contribution to the advancement and promotion of the science of physical activity, in addition to being an advocate of the mission of the PCPFS.

2003

Charles Corbin, Ph.D.
Don Franks, Ph.D.
Robert Pangrazi, Ph.D.
Margaret Jo Safrit, Ph.D.
Wynn F. Updyke, Ph.D.

2004

Steven N. Blair, P.E.D.

2005

Timothy G. Lohman, Ph.D.

2006

Sharon A. Plowman, Ph.D.

2007

William L. Haskell, Ph.D.

2008

Russell Pate, Ph.D.

To nominate someone for the PCPFS Honor Award, and for additional information about the award, see www.presidentschallenge.org or www.fitness.gov.

PCPFS Science Board

The President's Council on Physical Fitness and Sports (PCPFS) Science Board is composed of preeminent educators and researchers in the fields of exercise physiology, kinesiology, and health promotion. The purpose of this board is to help advise the PCPFS as requested to ensure scientifically sound programs and to promote a message consistent with the executive mandate of the President's Council on Physical Fitness and Sports. The Science Board serves in a voluntary capacity in order to bring the latest science to the general population in lay language.

Maureen Weiss, Ph.D., Chair (2008)

Patty Freedson, Ph.D., Chair-Elect (2009)

Members

Barbara Ainsworth, Ph.D.
David Bassett, Jr., Ph.D.
Wojtek Chodzko-Zajko, Ph.D.
Joy DeSensi, Ph.D.
Greg Heath, D.Sc., MPH, FACSM
Allen Jackson, Ed.D.
Thom McKenzie, Ph.D.
T.L. "Tedd" Mitchell, M.D.
(PCPFS Member Liaison)
Weimo Zhu, Ph.D.

Past Members

Doris Corbett, Ph.D.
Charles Corbin, Ph.D.,
Past Chair (2004)
Ed Howley, Ph.D.,
Past Chair (2006)
Robert Karch, Ed.D.
Amelia Lee, Ph.D.
James Morrow, Ph.D.,
Past Chair (2005)
Robert Pangrazi, Ph.D.
Russell Pate, Ph.D.
Margaret Safrit, Ph.D.
Deborah Young, Ph.D.,
Past Chair (2007)

Resources



The American Orthopaedic Society for Sports Medicine

The American Orthopaedic Society for Sports Medicine (AOSSM) is a world leader in sports medicine education, research, communication, and fellowship. Members are orthopaedic surgeons who are recognized for their contributions to the profession through active research, education, and clinical care of orthopaedic sports injuries. Through research and advances in surgical and rehabilitation techniques, orthopaedic sports medicine specialists have been able to treat and rehabilitate athletes whose injuries were once career-ending, not just getting them back in the game but keeping them safe and physically active throughout their lives. Today, AOSSM's educational and publishing activities serve as an authoritative resource for both the sports medicine professional and for the general public, including physical education teachers, coaches, and parents. For more information, visit www.sportsmed.org.



In Motion is a publication of the American Orthopaedic Society for Sports Medicine.

PCPFS Lifetime Achievement Award The PCPFS Lifetime Achievement Award is given annually to five or fewer individuals whose careers have greatly contributed to the advancement or promotion of physical activity, fitness, or sports nationwide.

For nomination information and to see a list of past recipients of these awards please visit www.fitness.gov.

PCPFS Community Leadership Award The PCPFS Community Leadership Award is given annually to no more than 50 individuals who improve the lives of people within their communities by providing or enhancing opportunities to engage in sports, physical activities, and/or fitness-related programs.

PCPFS Research Digest This **free** quarterly publication discusses the most recent research in the areas of physical activity and fitness. The *Digest* may be downloaded from either www.fitness.gov or www.presidentschallenge.org.

Fitnessisfun This monthly e-newsletter will keep you updated on our programs, activities of the PCPFS, and other current information pertaining to health and fitness.

Sign up for this e-newsletter by visiting www.presidentschallenge.org and clicking on *news/research* at the bottom of any page within the site.



American Heart Association® | American Stroke Association®

Learn and Live®

Founded in 1924, the American Heart Association today is the nation's oldest and largest voluntary health organization dedicated to building healthier lives, free of cardiovascular disease and stroke—America's No. 1 and No. 3 killers. Each year the association invests millions in research, professional and public education, advocacy and community service programs to help all Americans live longer, healthier lives.

Start! is the association's groundbreaking national movement that promotes physical activity through walking at work. It offers free physical activity, nutrition, and other health information online and also offers employers resources to implement a workplace walking program and track employees' progress. To learn more, go to www.heart.org/start.

Jump Rope For Heart and Hoops For Heart are the American Heart Association's programs dedicated to raising funds to support lifesaving heart and stroke research. These educational programs teach physical fitness and promote the value of community service to students and their families. Elementary and middle schools throughout the nation are encouraged to participate in these life-saving programs as they allow students to have fun while learning good habits that can shape a lifetime of better health.

To combat the growing childhood obesity epidemic, the American Heart Association and the William J. Clinton Foundation joined forces in 2005 to create the Alliance for a Healthier Generation. The Alliance's Healthy Schools Program offers support to schools to create healthier school environments that promote physical activity and healthy eating and recognizes schools that succeed. To enroll your school, please visit www.healthiergeneration.org/schools.

The association's policy efforts include working to advance federal, state, and local legislation to curb the childhood obesity epidemic through comprehensive physical education, coordinated school health, and school nutrition programs. The AHA also advocates for built environments that integrate physical activity into daily life, safe routes to school, as well as worksite wellness.

Four association scientific councils—Nutrition Physical Activity and Metabolism (NPAM), Clinical Cardiology, Cardiovascular Nursing and Epidemiology and Prevention (EPI)—promote physical activity and healthy eating. NPAM promotes the expansion and exchange of knowledge on nutrition, physical activity, and metabolism related to cardiovascular diseases and stroke. The council also promotes healthy lifestyles and behaviors to prevent disease. To learn more, call 1-800-AHA-USA1 or visit americanheart.org.

Physical Activity Guidelines for Americans

The Department of Health and Human Services (HHS) will launch the inaugural Physical Activity Guidelines for Americans in October 2008. Many organizations and federal agencies have previously issued physical activity recommendations, but this is the first time that comprehensive guidelines will be released that target Americans of all ages and abilities, including many specific population subgroups. The American public and health care professionals will have access to physical activity guidelines that are audience-specific, consistent, and credible.

After the launch, partnership tools, fact sheets, mock press releases, and other resources will be available. Stay tuned for more information by joining the PCPFS listserve (visit www.fitness.gov), the PC listserve (visit www.presidentschallenge.org), and/or visiting www.health.gov/PAGuidelines.

Wear and Promote the President's Challenge



President's Challenge Sport Pack

Navy, 17" x 18" nylon mesh sport bag w/drawstring closure.

Item Code #301

\$9.95

Presidential Champions T-Shirts

White or grey with silkscreened logo on chest (Gold, Silver, Bronze).

Adult: Small-XXL
Item Code #250 (Gold)
Item Code #260 (Silver)
Item Code #270 (Bronze)

Youth: Medium-Large
Item Code #251 (Gold)
Item Code #261 (Silver)
Item Code #271 (Bronze)



Presidential Active Lifestyle Award T-Shirt

Oxford grey with silkscreened logo on chest.

Adult: Small-XXL
Item Code #065

Youth: Medium-Large
Item Code #066

Physical Fitness Award Lanyards

Presidential Item Code #047

National Item Code #048

Participant Item Code #049

\$1.50 each



Instructor's Emblem

For those who administer the President's Challenge Program.

(Actual Size: About 3 3/4" diameter)
Item Code #040

\$1.75



Health Fitness Award T-Shirt

Navy blue with silkscreened logo on chest.

Adult: Small-XXL
Item Code #080

Youth: Medium-Large
Item Code #081

All Award T-Shirts are priced at \$8.50 for adult sizes and \$7.35 for youth sizes.

Quantity discounts are available; see the order form for discounts on 12 or more shirts.



Presidential Physical Fitness Award T-Shirt

Royal blue with silkscreened logo on chest.
 Adult: Small-XXL
 Item Code #070
 Youth: Medium-Large
 Item Code #071



Presidential Champion Award Baseball Caps

Gold Award (Navy) Item Code #280
 Silver Award (Red) Item Code #281
 Bronze Award (Tan) Item Code #282
 \$14.95 each



National Physical Fitness Award T-Shirt

Red with silkscreened logo on chest.
 Adult: Small-XXL
 Item Code #072
 Youth: Medium-Large
 Item Code #073



Participant Physical Fitness Award T-Shirt

White with silkscreened logo on chest.
 Adult: Small-XXL
 Item Code #074
 Youth: Medium-Large
 Item Code #075

Size Chart	S	M	L	XL	XXL
Men's	34-36	38-40	42-44	46-48	50
Women's (Bust)	34-36	38-40	42-44	N/A	N/A
Women's (Blouse Size)	8-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A

NOTE:

President's Challenge shirts are all 5.6 oz.
 Presidential Champions shirts are: Bronze 5.6 oz.;
 Silver and Gold 6.1 oz.

The President's Challenge Order Form 2008-2009

Ship to:

Name (Required) _____

School/Organization _____

Address (no P.O. boxes) _____

City _____

State _____ ZIP Code _____

E-mail _____

Phone Number (_____) _____

 Check to be added to our e-mail list.

Billing Address (if different than above):

Name (Required) _____

School/Organization _____

Address (no P.O. boxes) _____

City _____

State _____ ZIP Code _____

Phone Number (_____) _____

 Check/Money Order

 Bill us (institutional purchase orders only) Card # _____

Exp. Date: ____/____ Security Code _____

P.O. # _____

Signature _____

Please fill out the section below.

(To help us expedite your order, please fill out completely.)

1. School: Elementary Middle Jr. High Sr. High Home School Not a school (skip to question 5)2. School or agency classification: Public Private

3. What is your school's approximate enrollment? _____

4. Does your school district require you to use the President's Challenge Program? Yes No

5. How many youth participated? Males ____ Females ____

6. How many qualified for each award?

PALA Presidential National Participant HFA

Male _____

Female _____

7. How many students with disabilities participated? _____

How many students with disabilities qualified for each award?

PALA Presidential National Participant HFA

8. How did you learn about the program? (Please check ONE)

 Direct Mail Contact by Phone TV Newspaper Magazine National Convention Fellow teacher/administrator Professional Association World Wide Web Other9. Are you a previous user? Yes No

If yes, how many years? _____

Active Lifestyle and Champion Awards				Code	Quantity	Unit Price	Amount					
PALA Set (emblem, certificate, stickers)				100		1.75						
PALA Certificate				110		.50						
PALA Stickers				120		.30						
PALA Bumper Sticker				130		.50						
PALA Lapel Pin				150		3.00						
AE2790 Pedometer				140		9.95						
StepLinq Pedometer (quantities limited; model and pricing subject to change)				141		7.95						
Presidential Champions	Bronze (202)	Silver (201)	Gold (200)	202		Bronze 6.00						
Medallion				201		Silver 6.50						
				200		Gold 7.00						
Presidential Champions	Bronze (212)	Silver (211)	Gold (210)	212		Bronze 3.00						
Lapel Pin				211		Silver 3.25						
				210		Gold 3.50						
Presidential Champions	Bronze (222)	Silver (221)	Gold (220)	222		Bronze 0.80						
Ribbon				221		Silver 0.90						
				220		Gold 1.00						
Presidential Champions	Bronze (232)	Silver (231)	Gold (230)	232		Bronze 0.60						
Certificate				231		Silver 0.75						
				230		Gold 0.85						
Presidential Champions	Bronze (242)	Silver (241)	Gold (240)	242		Bronze 9.50						
Set				241		Silver 10.00						
				240		Gold 10.50						
Physical Fitness Awards												
Presidential Physical Fitness Award Emblem (without year) Includes a free Presidential Certificate*				013		1.50						
Presidential Physical Fitness Award Emblem (with year) Includes a free Presidential Certificate*				016		1.50						
Presidential Award Certificate				015		.50						
National Physical Fitness Award Emblem (without year)				020		1.25						
National Physical Fitness Award Emblem (with year)				017		1.25						
National Award Certificate				021		.25						
Participant Award Emblem (without year)				022		.75						
Participant Award Emblem (with year)				018		.75						
Participant Certificate				023		.25						
Presidential Magnet				041		.75						
National Magnet				042		.75						
Participant Magnet				046		.50						
Presidential Bumper Sticker				043		.50						
National Bumper Sticker				044		.50						
Physical Fitness	Presidential (047)	National (048)	Participant (049)	047		Pres 1.50						
Award Lanyards				048		Nat 1.50						
				049		Part 1.50						
Health Fitness Awards												
Health Fitness Emblem				024		1.25						
Health Fitness Certificate				025		.25						
Instructor's Emblem				040		1.75						
Slide Chart				045		3.00						
President's Challenge Sit and Reach Box				350		99.95						
Physical Fitness Test Score Pads				310		2.00						
2008-2009 Poster (17" x 22")				050		1.00						
Awards Wall Chart (16 1/2" x 22 3/4")				051		1.00						
Get Fit! Handbook (Qty of 1-99)				060		1.25						
(Qty of 100+)				061		1.00						
Adult Get Fit! Handbook (Qty of 1-99)				062		2.50						
(Qty of 100+)				063		2.00						
Apparel	Color	S	M	L	XL	XXL	Code	Quantity	1-11	12-23	24-143	144+
Adult PALA	Grey						065		8.50	7.75	7.25	6.90
Youth PALA	Grey						066		7.35	6.60	6.10	5.75
Adult Presidential Award	Blue						070		8.50	7.75	7.25	6.90
Youth Presidential Award	Blue						071		7.35	6.60	6.10	5.75
Adult National Award	Red						072		8.50	7.75	7.25	6.90
Youth National Award	Red						073		7.35	6.60	6.10	5.75
Adult Participant Award	White						074		8.50	7.75	7.25	6.90
Youth Participant Award	White						075		7.35	6.60	6.10	5.75
Adult Health Fitness	Navy						080		8.50	7.75	7.25	6.90
Youth Health Fitness	Navy						081		7.35	6.60	6.10	5.75
Sport Pack	Navy						301		9.95	9.95	9.95	9.95
One Size Fits All												
Presidential Champions:	Grey						250		8.50	7.75	7.25	6.90
Adult Gold												
Youth Gold	Grey						251		7.35	6.60	6.10	5.75
Adult Silver	White						260		8.50	7.75	7.25	6.90
Youth Silver	White						261		7.35	6.60	6.10	5.75
Adult Bronze	White						270		8.50	7.75	7.25	6.90
Youth Bronze	White						271		7.35	6.60	6.10	5.75
Gold Cap	Navy						280		14.95	14.95	14.95	14.95
Silver Cap	Red						281		14.95	14.95	14.95	14.95
Bronze Cap	Tan						282		14.95	14.95	14.95	14.95
One Size Fits All												
Shipping & Handling												
(Foreign orders must be prepaid in U.S. currency)								Sub-Total +				
Less than \$25.00 \$5.50								Rush Charge (25% of Sub-Total or \$25.00 whichever is greater) +				
\$25.00-\$49.99 \$6.50								Shipping & Handling =				
\$50.00-\$99.99 \$7.50								GRAND TOTAL				
\$100 or more 8% of subtotal												

*Presidential Certificates without a Presidential Emblem are available for \$.50 each. See Presidential Award Certificates, Item Code #015.

Please allow 18 days from receipt of your order at our program office for delivery of your awards.

Mail this completed form to:

The President's Challenge, 501 N. Morton Street, Suite 203, Bloomington, IN 47404

or fax to: 1-812-855-8999 Phone: 1-800-258-8146

This form may be photocopied.

How to Order

To order online

Visit www.presidentschallenge.org to place orders 24 hours a day. Allow 18 calendar days for delivery of standard orders from the time you place your order.

You can contact us via e-mail at preschal@indiana.edu.

To order by mail

Fill out the enclosed order form and send to the address below. Please do not send cash. Allow 18 calendar days for delivery of standard orders from the time we receive your order.

The President's Challenge
501 N. Morton Street, Suite 203
Bloomington, IN 47404

To order by phone

Call 1-800-258-8146 to place an order or ask questions. Our toll-free line is open 8 a.m. to 5 p.m., Monday through Friday (Eastern Time). You'll need a credit card or institutional purchase order for phone orders.

To order by fax

Fill out the enclosed order form and fax it to 1-812-855-8999, 24 hours a day. You'll need a credit card for fax orders, along with a phone number or e-mail address where you can be reached. Allow 18 days for delivery of standard orders from the time we receive your order.

Shipping policy

We will send orders over \$5 inside the U.S. by FedEx Ground. All other orders will be sent by the U.S. Postal Service. Please note we cannot send FedEx orders to post office box addresses. When you receive your order, please check it carefully. If your order is incomplete, please contact the program office immediately. We do not allow refunds, exchanges, or returns, but we will exchange certificates in the event of a change in administration at no cost.

Rush orders

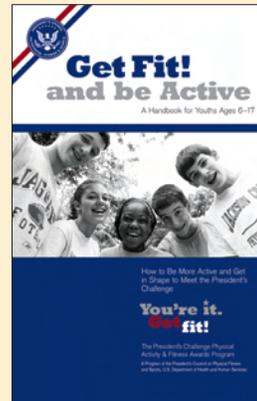
For an extra charge, we can guarantee delivery of your order within 4 business days. To place a rush order, just add 25% of the subtotal or \$25 (whichever is greater) to your subtotal. We'll send your order by FedEx Express Two Day Air or FedEx Ground if the destination is within the 2-day delivery zone. Sorry, we cannot accept international rush orders.

International shipping policy

Orders being shipped outside the United States will be charged actual cost via USPS. Please contact us via e-mail at preschal@indiana.edu if you would like a quote for shipping to your international destination. International orders may take longer than our 18 day delivery policy. Sorry, we cannot accept international rush orders.

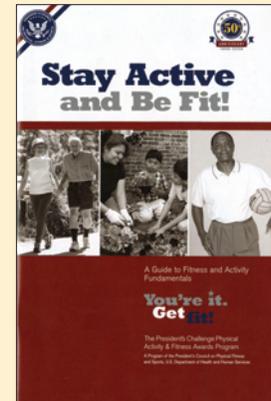


Additional Items



Get Fit! Handbook for Youth Ages 6-17

(Actual Size: 5 1/2" x 8 1/2")
Item Code #060 or #061
\$1.25/\$1.00



Stay Active and Be Fit! Handbook for Adults

(Actual Size: 5 1/2" x 8 1/2")
Item Code #062 or #063
\$2.50/\$2.00

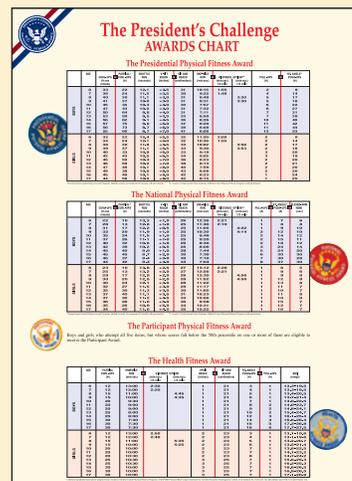
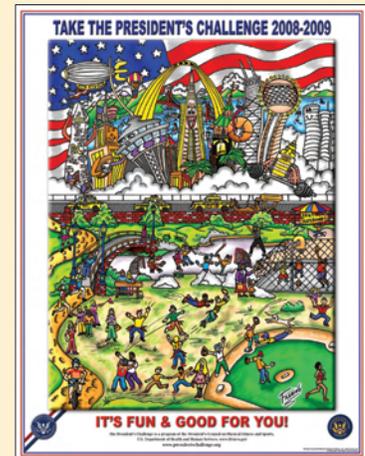


Physical Fitness Slide Chart for the Physical Fitness Program

(Actual Size: 4" x 9")
Item Code #045
\$3.00

2008-2009 Poster

(Actual Size: 17" x 22")
Item Code #050
\$1.00



Awards Wall Chart for the Physical Fitness and Health Programs

(Actual Size: 16 1/2" x 22 3/4")
Item Code #051
\$1.00

What's New



Adult Fitness Test

Remember when you took the physical fitness test as a youth in gym class? Now it's time to see if you can still do it. The Adult Fitness Test is a great way for anyone 18 and older to measure their current level of physical fitness. Even if you didn't earn the award as a kid, it's never too late! See how you can earn your award now by visiting www.adultfittestest.org.

Timely Emblems



For the first time, the President's Challenge is offering emblems that include the year the award was earned. The new style containing the year is available for the Presidential, National, and Participant Physical Fitness Award emblems. See page 20 for ordering information.

Sit and Reach Box

The President's Challenge now offers a sit and reach box to help you test students' flexibility. It has a built-in footplate, a maximum reach indicator, and scales in inches and centimeters. Assembly is easy and requires no tools. See page 20 for ordering information.

Physical Fitness Test Score Pads

You asked for it, you got it! Our 50-sheet score pads make it easy to write down scores and comments on the physical fitness test, then tear off the pages and give them to students, or take them back to your office. See page 20 for ordering information.

Check this out, too!

Visit www.presidentschallenge.org and www.fitness.gov for free materials for educators!

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services.



The President's Challenge

Physical Activity & Fitness Awards Program

www.presidentschallenge.org

501 N. Morton Street · Suite 203 · Bloomington, IN 47404

1-800-258-8146

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