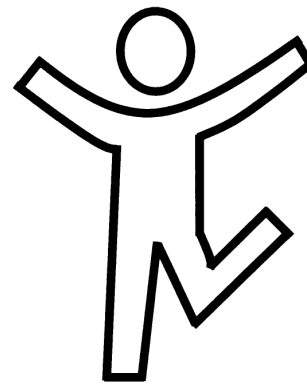


Join the F.U.N!

I.A.S.D. Fitness U Need Club



The Indiana Area School District is promoting fitness for all our students as part of our district's Wellness policy. We would like to encourage you and your family to join us as we make fitness a part of our daily life. The F.U.N. Club originated at Eisenhower Elementary during the 03-04 school year. During this school year all of our schools will have the opportunity to participate in the F.U.N. Club.








Here is what you need to do to participate in the F.U.N. Club:

- Participate in at least 3 hours per week of physical activity
- Record your daily activities on the monthly calendar that will be provided each month
- Enjoy quality family time as you create family wellness
- We will encourage your child to participate in activities during VPA time at school

How to participate:

If you would like to participate, just take this form home and have an adult fill out the information. At the end of the month, bring the calendar back to school. Be sure to do it as soon as the month ends so that you get credit for your activities! Here is an example of how to fill out the days on the calendar:

Example:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 30 min. Walk the Dog 	2  20 min. Kickball	3 30 min. Bike ride  30 min. Jump Rope	4  20 min. Play tag	5 1 hr. rake leaves  30 min. soccer	6  30 min. walk laps	7  1 hr. Hoodlebug Trail with family	<u>5 hr. 10 min</u> Weekly Total



Activities at Home



Activities during VPA