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COUNCIL CONTACT INFORMATION

The President's Challenge is a program of the President's Council on Physical Fitness and Sports. You can reach the Council by calling 202.690.9000. Check out the web site at <http://www.fitness.gov>.

SPOTLIGHT: HEALTH FITNESS PROGRAM

For the past five years, the President's Challenge has offered a program component called the Health Fitness Award. This facet of our program focuses on an individual's overall level of health with the inclusion of a body mass index (BMI) reading that is based on a height/weight calculation. As is the case with any test item, some students may require an adjustment to be made to the BMI scale provided in the brochure. The goal of this award, and the Physical Fitness Awards alike, is to promote and encourage health and fitness among youth. Students should not feel discouraged but challenged to achieve new, higher levels of fitness. If at any point you have questions or concerns about test items, testing protocol, and/or accommodations, do not hesitate to contact us by phone (800.258.8146) or e-mail (preschal@indiana.edu).

THANK YOU!

All of us at the President's Challenge appreciate your efforts to recognize your students' fitness achievements, and we work hard to ensure that your orders reach you in a timely manner. Thank you for your orders and your patience during this busy time of year for everyone!

FUSION FITNESS

"Fusion fitness" is a phrase growing in popularity that describes group workouts combining a variety of activities designed to impart the benefits of strength training, cardiovascular exercise and stretching all in one. Throw in a little something for the mind as well, and this concept is complete! Examples include circus-type tumbling, balancing

and juggling, strength training using machines, free weights and body weight interspersed with cardiovascular routines and yoga postures. (U.S. News & World Report, Feb. 21) Think about incorporating activities that target multiple facets of fitness both for your students and for you!

UP-COMING CONVENTIONS EXHIBITING THE PRESIDENT'S CHALLENGE:

National Council of La Raza (NCLR)
Visit: <http://www.nclr.org>
Milwaukee, WI 14-17 July

National Recreation and Park Association (NRPA)
Visit: <http://www.activeparks.org>
Denver, CO 03-06 Oct

FEEDBACK

We would love to hear from you. If you have any topics that you would like to see addressed in fitnessisfun or any comments on this list please let us know. You can provide them by emailing us at preschal@indiana.edu.