

February 2002

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FAST NOTES

Want to know a little more about Lisa Oliphant, the new Executive Director of the President's Council. Check out FAST Notes on the President's Council website ([www.fitness.gov](http://www.fitness.gov)) to stay in touch! In this monthly column Lisa gives her view on the direction of the President's Council and her tips on staying fit.

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PEP ACT INFORMATION

As a part of the Elementary and Secondary Education Reauthorization conference report, congress authorized and appropriated \$50 million for PEP for the 2002 fiscal year. President Bush is expected to sign this education bill into law. For information regarding new guidelines and application deadlines, visit <http://www.aahperd.org/naspe>.

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GET FIT BOOKS HAVE ARRIVED

The President's Challenge is pleased to announce the arrival of the new Get Fit handbooks for youth! These booklets explain the President's Challenge and teach children how to prepare for all three programs. They are in stock and available for ordering. We do recommend for multiple copies that you place an order, however, you can download a free copy of the new Get Fit at <http://www.indiana.edu/~preschal>.

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NEW GROWTH CHARTS

The CDC released new 2000 Growth Charts to be used to monitor the growth of children from infancy to adolescents. According to an article published in the journal of the American Academy of Pediatrics, the 2000 Growth Chart has numerous improvements over the 1977 NCHS version. Factors such as height, weight, head circumference, and body mass index are based on recent ethnic and economic cross-sections of the United States, as well as incorporating charts for both formula and breastfed infants.

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FIT TIP

Having problems fitting a fitness routine into your busy schedule? Increasing your workout intensity can allow you to get fit in less time than longer endurance focused regimens. Exercising as little as 5 to 7

hours at a higher intensity throughout the week can improve your fitness level. For more details, go to <http://www.wellnessjunction.com/athome/exercise/>.

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#### FITNESS AND NUTRITION INFO

A new media campaign incorporating a developmental fitness and nutrition approach for various age groups is available online. Free monthly electronic newsletters as well as educational handouts are available to help families reach healthy weights at <http://www.montanadieteticassociation.org/>

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#### EXHIBITING THE PRESIDENT'S CHALLENGE:

Southern District/Eastern District AAHPERD  
<http://www.aahperd.org/eda/index.html>  
Baltimore, MD  
February 14-16, 2002

National Association of Secondary School Principals  
<http://www.nassp.org>  
Atlanta, GA  
March 1-4, 2002

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)  
<http://www.nassp.org>  
San Diego, CA  
April 9-13, 2002

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#### 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](mailto:preschal@indiana.edu).