



**Be Active Your Way Starting in May! Join the National President's Challenge
(192 words)**

The National President's Challenge is a six week physical activity challenge that begins on May 1st, 2009. Designed to get America moving, it encourages participants to live healthier lives by finding things they like to do. Everyone can join the Challenge and it's easy to do:

Register for the Challenge between May 1 and May 29 at www.presidentschallenge.org.

Be active and log your activity on a regular basis.

- Ages 6-17: aim for at least 60 minutes of activity, 5 days a week.
- Ages 18+: aim for at least 30 minutes of activity, 5 days a week.

Stick to it! The National President's Challenge ends on July 24th. You have eight weeks to complete the six week Challenge. But don't stop when the Challenge ends. Keep logging your activity with the on-going President's Challenge program.

Spread the word! Get your family, friends and co-workers moving, too!

The Challenge lets you choose from almost 100 different activities, so you're sure to find a least one you enjoy. For more information and to register, please visit www.presidentschallenge.org.