

## BACKGROUND

The Get Moving! program began in the Lawrence school district in 1999 and expanded to all Lawrence public elementary schools in 2001 when CHIP and Lawrence Parks and Recreation became involved. Eudora Schools joined in 2005 and Baldwin City and St. John Catholic Schools in 2006. Veritas Christian School was added in 2007 as was program sponsor Royal Crest Lanes.

One of the many reasons this is an important endeavor for students and their families is America's declining overall health and fitness.

According to Centers for Disease Control's report on nutrition and physical activity, childhood obesity has tripled since 1980 with currently 9 million American children overweight enough to endanger their health, and an additional 5 million nearing that point; 61% of overweight 5 to 10-year olds already have risk factors for heart disease, such as high cholesterol or high blood pressure. In addition, overweight children are at greater risk for bone and joint problems, sleep apnea and poor self-esteem. Even if these diseases do not affect children in childhood, it is nearly certain that health problems will follow them into adulthood if not addressed now.



City of Lawrence  
PARKS AND RECREATION

Royal Crest Lanes



Baldwin City  
Public Schools



Eudora  
Public Schools



SAINT JOHN  
CATHOLIC SCHOOL



LAWRENCE  
PUBLIC SCHOOLS

Veritas Christian School  
Lawrence, KS

DOUGLAS COUNTY



Community  
Health  
Improvement  
Partnership

200 Maine Street, Suite B  
Lawrence, KS 66044  
Phone: 785.856.7312  
Fax: 785.843.3161  
E-mail: chip@ldchealth.org

[www.douglascountychip.org](http://www.douglascountychip.org)

Working together to create a  
healthier community.



# Get Moving!



Get Moving! A program for Douglas  
County students.

## ▶ Let's Get Moving!

We want all children, along with their friends and family, to get active and stay active this school year. Join in with your school's Get Moving! program and earn prizes while you're at it!



### GOALS

- To encourage additional exercise outside of the regular physical education program or recess time.
- To encourage families to exercise together, especially during the winter months.
- To increase the percentage of children and families who participate in regular physical activity.
- To encourage healthy eating habits and increase fruit and vegetable consumption.



### NEW THIS YEAR!

Enter your information online through your school's website.



To participate online:

- ◆ You may get to the online link for the Get Moving program either through your school's website (look for the Get Moving! logo) or go directly to [www.getmovingpeople.org](http://www.getmovingpeople.org).



- ◆ Sign in by creating an account that includes first and last name, gender, school, grade and home room teacher.
- ◆ Begin entering your information! The same information will be collected online through drop-down menus as you have listed on your card in the past.
- ◆ Once a "card" has been completed (12 hours of activity), print off your certificate and turn in to your PE teacher for reward.

**OR**, you can still participate by completing your card with pencil or pen!

- ◆ Children pick up Get Moving! card from their PE teacher.
- ◆ On the card, mark whether the activity is organized or unorganized. Organized activity is a team or fee-for-lesson/class; and unorganized activity is free playtime of any activity.
- ◆ On days with activity, children should mark whether they ate five fruit and vegetables as part of their diet.
- ◆ Children turn in a completed activity card to the PE teacher once it has been signed by a parent or guardian to receive their reward.

### General reminders for the program:

- ◆ Physical activity outside of the school day is recorded in 30-minute blocks of time. For younger children, periods of activity may be added together to equal 30 minutes.
- ◆ Children earn extra points for involving a buddy — be it a family member or friend — in their activity.
- ◆ Tokens that may be attached to shoe laces or chains are awarded for each of the first three cards.
- ◆ Students choose between a pass to the Lawrence Indoor Aquatic Center, a pass to go bowling or a Frisbee with their fourth card. Pool passes are compliments of Lawrence Parks and Recreation and bowling passes are compliments of Royal Crest Lanes. Once the pool or bowling pass is earned, children start over earning tokens.
- ◆ At the end of the school year, each student who turns in at least 3 cards will be invited to participate in a pool party at the Lawrence Outdoor Aquatic Center.



Students can help earn an exciting experience for their entire class if there is 45% participation during a segment of the program. Lawrence Parks & Recreation will provide a fun program for the class. The LPR classes may include, but are not limited to: zumba II, ballroom dancing, Pilates and geo-caching to name a few. So, encourage your son or daughter to participate in the Get Moving! Program. Be active with your children and help them remember to record it.