






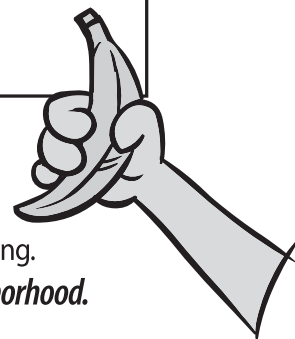
Lift-Off!'s Get Moving Challenge!



Eat Right. Be Bright. Eat Right. Be Bright. Eat Right. Be Bright. Eat Right. Be Bright.

Activity Tracking Chart

Activity	Completed (Judge's Initials)
 10 Sit-Ups	
 10 Push-Ups	
 10 Jumping Jacks	
 10 Toe Touches	
 10 Jump Rope Jumps	



10 Easy Ways To Get Moving

Here are some fun and easy ways (with your parents' permission) to get your body moving.

1. Take your dog out for a walk.
2. Start a playground kickball game.
3. Join a sports team.
4. Go to the park with a friend.
5. Help your parents with yard work.
6. Play tag with kids in your neighborhood.
7. Ride your bike.
8. Take a walk just for the fun of it.
9. See how many jumping jacks you can do.
10. Race a friend to the end of the block.

Source: www.presidentschallenge.org