

MOVE MILLER MOVE
MILLER OLYMPIC CHALLENGE 2012

STEPS TO START:

1. Fill out registration form and turn into one of the following:
 - a. High School or Elementary School office
 - b. Carr Clinic
 - c. On Hand DevelopmentOr/ Mail to Chris Keeter (36841 192nd Street-St. Lawrence SD 57373)
2. Registration fee-\$5
Students (all kids under 18) FREE – encouraged to take part!
3. Individual “movers” welcome but forming a team is fun-if you need help finding a team please let us know on your registration form and we will help you find one. See the Team note below for more information about teams!
4. Set a goal at how many minutes you want to exercise each week.
5. Keep track of the minutes you exercise or “move” each week on the log form included in this packet
6. Bonus point of 15 can be achieved by doing the bonus activity each week. See bonus point note below .
7. Add your minutes each week and then color in or circle the medal achievement you achieved that week. Minutes for each medal level is on log form.
8. Have fun and get moving...Lets make Miller a community that MOVES!
9. Opening ceremony-Friday October 5th at 6:30 at the Miller football field –this is for anyone taking part in this challenge. We will be taking an Olympic walk around the track. This is just for fun-YOU DO NOT HAVE TO TAKE PART IN THE OPEN CEREMONY TO BE PART OF THIS CHALLENGE.

10. GET MOVING

STEPS TO FORMING A TEAM

1. Get 6 of your friends, family or co workers together
2. If you want to be part of a team but need members please indicate on registration form and we have plenty of people who are looking for a team to belong to that we will match you up.
3. Select a captain
4. Name your team example "Team USA" "Team Miller"
5. Every Sunday email or call your medal count into your captain keep adding up your medals as the week goes on....
 - a. Example week one medal Bronze, week 2 bronze, week 3 silver etc.
6. Captain will email team total to: movemillermove@yahoo.com or call total to 853-2679 (Chris' number)
7. We plan to post the team medal counts at both schools, downtown Miller and also in the paper. Only the team name will appear.
8. Plan to walk with your team at the opening ceremony Friday night October 5th at 6:30 pm (prior to the Miller Rustler Football game) if you would like to make a little sign with your teams on it that would be great to carry on your lap.
9. Encourage one another and have a great time.
10. All Medal final counts due Wednesday December 3rd-email to movemillermove2012@yahoo.com
11. Closing ceremony -watch for further details

TEAM CAPTAIN WE HAVE A EASY CHART FOR YOU TO RECORD YOUR TEAMS MEDAL COUNTS-SO IF YOU ARE A CAPTAIN BE SURE TO PICK UP THAT FORM AS WELL.

Bonus points:

Each week you **can earn 15 minutes of exercise** by completing the bonus point challenge- this is just an added challenge that will help get you points. If you do not complete the bonus challenge for that week you can just keep trying-some are harder than others!

Week #1: Drink 64 ounces of water on at least 5 days of the week

Week #2: Each day eat at least 2 servings of veggies (a serving is ½ cup)

Week #3: Spend 5 minutes before your moving exercise to stretch-5 days this week

Week #4: This week-Call one person that you have not talked to in a long time and TALK!

Week #5: Eat at supper at home at least 3 nights this week

Week #6: Go 4 days this week without any soda/pop

Week#7: Eat breakfast at least 4 days this week

Week #8: Donate one can of food to the Helping Hands food panty -encourage others to do so too.

Activities that count for physical activities minutes:

Any Activity that gets you moving!

Here are a few ideas-you may have some of your own...if you wonder ask yourself 3 questions: does it get my body moving?

does it increase my fitness level ?

does this activity increase my heart rate?

If yes to these questions ...then it counts as physical activity.

Walking

Running

Jogging

Biking

Aerobic activity (class
or machines)

Treadmill

Elliptical

Weight lifting

Pickle Ball

Karate

Soccer

Stair-stepping

Swimming

Wrestling

Yoga

Stretching

Basketball

PE class

Dance Practice, Football Practice, Cross Country Practice, Cheerleading

Practice (any type of sport practice) can be counted toward your minutes-count only *actual exercise minutes*. If in doubt ask your coach or instructor. *Example: a 45 minute basketball game may add up to 30 minutes of exercise, the same as a 30 minute walk.*


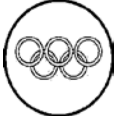
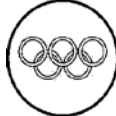

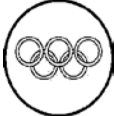
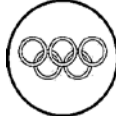


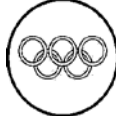


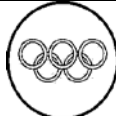
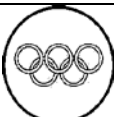
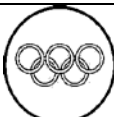
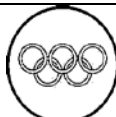
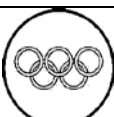
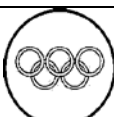
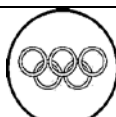
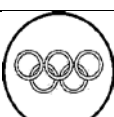
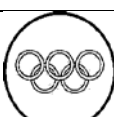
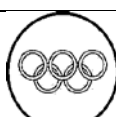
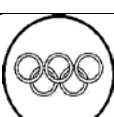
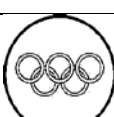
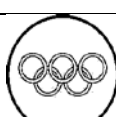
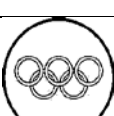
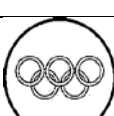
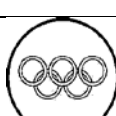
Miller Olympic Challenge Log

Name: _____ TEAM: _____

Weekly Goal (check one): Choose the activity goal that works best for you based on your current fitness level and lifestyle

- BRONZE:** at least 75 minutes each week
(an average of 15 minutes/day for 5 days/week)
- SILVER:** at least 125 minutes each week
(an average of 30 minutes/day for 5 days/week)
- GOLD:** at least 200+ minutes each week
(an average of 60 minutes/day for 5 days/week)

Write the total number of minutes that you are physically active each day in the boxes below (don't forget to add 15 minutes if you completed a bonus activity). At the end of each week, add your total minutes and write them in the "Weekly Total" box. Color in the medal you earned that week.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	BONUS	TOTAL	Gold	Silver	Bronze
												
Example for bronze:	15	-----	15	15	15	-----	20	15	95mins			
Week #1												
Week #2												
Week #3												
Week #4												
Week #5												
Week #6												
Week #7												
Week #8										