

## ***Walk To School Day***

### **List of Other Activities for Schools & Parents that Promote Physical Activity**

1. **ACES** (All Children Exercising Simultaneously) This program is the first Wednesday in May. ACES is dedicated to educating children about the importance of lifelong fitness in a creative and fun way.
2. **Feelin' Good Mileage Club** This lunchtime walking program can motivate your students to use their midday break wisely. Since 1986, many Michigan schools have used this incentive-based walking program. Special prizes are available through your Regional Fitness Council at [www.michiganfitness.org](http://www.michiganfitness.org).
3. **Families in Training** Students and their families track their physical activity and add it to the school's overall tally. Its goal is to inspire families to participate in more physical activity and spend more time together. If your school is interested in "Families In Training," contact your Regional Fitness council for a free kit at [www.michiganfitness.org](http://www.michiganfitness.org).
4. **Team Nutrition** Your school may already be participating in the Team Nutrition program. Team Nutrition combines nutrition and physical activity in very creative ways. To access Team Nutrition online, go to [www.msue.msu.edu/fnh/tn](http://www.msue.msu.edu/fnh/tn)
5. **Frequent Rider Miles** The Frequent Rider Miles contest rewards children who come to school walking, biking, by bus or carpool. The goal of the program is to increase physical activity and decrease pollution in a creative way. Children receive a card with boxes they can mark off when they bike/walk or carpool/bus. Every time a child walks or bikes to school they get to cross off the bike/walk box on their card worth two points. A child who rides the bus or carpools checks the carpool/bus box worth one point. When the child has earned twenty points, s/he turns in the card for a small prize and gets a new card. At the end of the year, there is a raffle for a grand prize.
6. **Walk Michigan!** Walk Michigan! is a non-competitive walking program that was created in 1985 by the Michigan Recreation and Park Association [MRPA]. Walk Michigan! was organized to encourage active Michiganians to enjoy their recreation and park facilities while also improving their health and physical fitness. To learn more about this program, contact MRPA online at [www.mrpaonline.org](http://www.mrpaonline.org).
7. **Choose Your Move** Teams of students visit various countries (or stations) where they learn something about the country, a sport or activity for which it is famous, and muscles that are used in the sport or activity. With the help of clear, picture-based posters, they also learn several exercises to strengthen those muscles. The students then choose, on their own, which exercises to do keeping track of points in a passport over an eight-week period. To learn more about this excellent program, contact

Exemplary Physical Education Curriculum (EPEC) online at [www.michiganfitness.org](http://www.michiganfitness.org).

8. **All School Walks** Just as ACES takes place the first Wednesday in May, make the first Wednesday of every month an All School Walk and invite families to come to the school in the evening to enjoy some physical activity. This activity can still be done during the winter months – just wear boots instead of tennis shoes!
9. **The Exemplary Physical Education Curriculum (EPEC)** EPEC is an exciting K – 12 curriculum that equips young people with the fitness levels, knowledge, skills, and motivation to be physically active for life. To learn more about this excellent program, contact EPEC online at [www.michiganfitness.org](http://www.michiganfitness.org).