



Hey Kids!

We'd like to invite you, your friends and family to Shape Up with an exciting challenge - Shape Up Across Colorado! You can learn how to play by visiting our website at www.shapeupchallenge.org.

Why are we inviting you to Shape Up? Well, while Colorado may be the Fittest State in the nation, the grades on our Fitness Report Card are starting to drop - because our pounds are starting to climb. Did you know:

- 13.7 % of Colorado children ages 2-14 were considered overweight in 2005!
- Colorado is the only state that does not require Physical Education for High School students!
- There are 200% more overweight children today than there were in 1980!

Shape Up Across Colorado is a fun program that helps you keep track of how much activity you're getting. And here's the really cool part - you get to Choose How to Move!

Here's how to play Shape Up Across Colorado:

- First print the Activity Card from the Shape Up website (or ask your teacher for one).
- Now, did you know that it's 400 miles across the state of Colorado? The Activity Card is divided into 400 squares - one for each mile across the state. For every 10 to 30 minutes of physical activity, you color in one square - which is about the same as 2,000 steps, or one mile.
- Your goal is to color in five squares, which is the same as 10,000 steps, per day.

What's in it for you? Well, you'll look good, feel good, and your grades will thank you too! Plus, you'll get a certificate signed by the Governor of Colorado! Now, how's that for fun?

Let's all work together to keep Colorado number one as the Fittest State in America. Write three things you can do to be healthier:

1. _____
2. _____
3. _____

Thanks for doing your part. Now share this letter with your friends and family and help us Shape Up Colorado! Every step with make a difference!

Yours in Health,

Stacy Fowler
Stacy Fowler, M.S., C.P.T.
President

Debby Ridgell
Debby Ridgell
Program Coordinator