READY, SET, WALK!

We are excited to announce that more than 50 schools in more than 100 classrooms in Chicagoland are participating in the Walk Across Illinois School Fitness Program this year. Last year, students just like you set the goal to walk 167 miles in 20 weeks, and they did! All together, the 45 schools who participated in the 2006-07 program logged nearly 200,000 miles by walking, running, riding bikes, jump roping and many other fun activities. Now it is your turn! For the next 20 weeks, you will be doing fun, new activities in gym class and logging miles at home. We hope you will encourage your family and friends to join you as you begin your 167-mile journey across Illinois!

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Families can participate by visiting www.walkacrossillinois.org

SPOTLIGHT ON

Mitchell Elementary School

On Wednesday, Oct. 3, children from all 50 states joined thousands across the world who made the commitment to lead healthier lifestyles by walking or bicycling to school on International Walk to School Day. Walk Across Illinois School Fitness Program participant, Mitchell Elementary School, joined the fun by celebrating Walk to School Day with students, parents and teachers.

As part of the morning festivities the CPS school blocked off one block of Ohio Street to car traffic and invited students and teachers to ride bikes, rollerblade and skateboard up and down the street. As they took a break from bike riding two fourth grade students said, “We wish we could do this everyday!”

Following the Ohio Street activities, students from all grades power-walked around the school to show their commitment to physical fitness.

Inside the school students enjoyed a healthy breakfast and prizes like basketballs, soccer balls, and water bottles.
Chicago Bears mascot to visit one lucky school
Don’t forget to log your miles, so your class can qualify for a visit from Staley, the Chicago Bears’ mascot. We know this prize for the first month of participation in the program will be a lot of fun for the winning school.

TIPS FOR LOGGING MILES
To achieve your 167-mile goal you will need to log 6 “homework miles” each week. Earning these miles as work, but as fun!

Did you know you can earn a mile for 30 minutes of rollerblading, or for playing basketball for 20 minutes? Just think — if you play basketball with your friends for an hour, you’re already half way to your weekly goal of 6 miles!

FUN WAYS TO STAY ACTIVE IN
Oct. 20 — October Fest at Armour Square Park
Oct. 20 — Pumpkin Carving at Revere Park
Oct. 26 — Trails of Terror at Peterson Park
Oct. 30 — Halloween Crafts at Riis Park
Oct. 31 — Halloween Party and Scavenger Hunt at Horner Park

How Do You Log Miles?
If you know fun ways to exercise and log miles you could be featured in the next Walk Across Illinois Newsletter! All you have to do is write a short description of the activities you do, and why you think other students would enjoy them. Or, you can submit a drawing or photograph of the activity. Hand in your essay or picture to your teacher. Make sure you include your name, grade and school.

VERB: It’s what you do!

www.verbnow.com
This cool website has great ideas for helping kids stay active. Can’t decide what to do with your friends after school? Log on and you can generate your own original game idea using the Game Generator.

Walk Across Illinois School Fitness Program is a joint project of the Office of Lt. Governor Pat Quinn and the Chicagoland Bicycle Federation. The project is funded in part by a grant from AstraZeneca.