On Monday, November 26, the Walk Across Illinois School Fitness Program gave its first monthly incentive to deserving students from Ms. Hehn’s classes at John Garvy School on Chicago’s northwest side. The November prize, a visit from The Chicago Bears’ mascot, Staley Da’ Bear, was a great success.

Ms. Hehn says that Walk Across Illinois is key to getting her students more active. “Obesity is such a problem in the schools. This program connects P.E. classes with the classroom and makes them accountable in both,” she says.

During his visit, Staley taught Ms. Hehn’s seventh and eighth grade students about the importance of staying fit and healthy, while getting them involved in some fun exercises. Some teachers even got in on the fun, doing pushups with their students!

Following his presentation with the seventh and eighth graders, Staley dropped in for a surprise visit to other classrooms as well. Students from kindergarten through sixth grade were pleasantly surprised by their unexpected afternoon guest.

Students at Garvy visit with Staley da’ Bear

6 WEEKS AND STILL WALKING ON!
TOTAL STUDENTS PARTICIPATING: 1,545
TOTAL MILES FOR ALL SCHOOLS: 66,933
AVERAGE MILES PER STUDENT: 45.01
WE HAVE WALKED TO ANNAWAN, ILLINOIS AND ARE WELL ON OUR WAY TO OUR 167-MILE GOAL.

DID YOU KNOW?
- The town of Annawan, Illinois has a population of 7,911 people.
- The first resident of Annawan built the first log cabin there in 1846.
- The Chicago, Rock Island and Pacific Railroad brought settlers and business to Annawan in the late 1800s.
STAYING ACTIVE WHEN THE WEATHER GETS COLD
As the temperature begins to drop it can be difficult to find ways to get active. Here are some ideas to keep moving and continue logging miles all winter long.

Discover Indoor Facilities
Visit an indoor pool, ice skating rink, basketball court or climbing wall at a local park, school or community center. You can visit www.chicagoparkdistrict.com to find out about indoor activities offered in your neighborhood.

Dance Your Heart Out
Pick your favorite music, turn it up and dance away! March, step, bounce, spin, or shake it. Dancing is a great way to get your heart pumping.

Check Out the Library
Head to your local Chicago Public Library (visit for www.chipublib.org locations) and check out fitness books, videos, and DVDs that will give you ideas for great work outs. The best part is it’s free!

HOT NEW INCENTIVES FOR THE COOL WINTER MONTHS
This month, students from Ms. Catalan’s class at Whittier School won awesome activity bags filled with cool prizes, like a jump rope, a rubber ball and Frisbee.

In January you and your class could win tickets for you and your family to attend an exciting University of Illinois-Chicago basketball game. Get ready to cheer the Flames on to victory!

We have more exciting prizes in store for the February and March incentives, so keep walking, and keep reporting your miles.

COOKING FOR KIDS BY KIDS AT www.spatulatta.com
Check out this great website created by two girls who live right outside Chicago. Visit spatulatta.com to watch hundreds of healthy and delicious video recipes that you can prepare at home. Browse through their wide selection of balanced meals and healthy snacks, and then watch as the girls show you how to prepare them.

Try out a recipe and share it with your classmates, just like 6th grade Walk Across Illinois students in Ms. Martinez’s class did at Gary Elementary. Instead of having junk food at you classroom holiday party, prepare healthy treats for each other.

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.