AWESOME ACTIVITY BAGS AT WHITTIER SCHOOL

On Monday, December 17, fun filled activity bags were distributed to Ms. Catalan’s third grade students at Whittier Elementary School. From mid-October when Walk Across Illinois kicked off, these third graders have been doing a tremendous job of increasing their physical activity and tracking their daily miles. From playing soccer with friends to walking to school, these students are staying active and are committed to walking 167 miles across Illinois.

While their class was chosen at random from all the classes reporting miles on www.WalkAcrossIllinois.org, Ms. Catalan told us we couldn’t have selected a more deserving group of students. Proud of her students’ efforts, Ms. Catalan explained,” These students really deserve this prize.”

“`They all know how important it is to stay active, and are doing a great job recording their miles.”

Before they received their activity bags filled with Frisbees, balls, jump ropes and more, the students shared all the ways they’ve been logging miles every day. They also worked together to come up with ideas for staying active over the chilly winter vacation.

167 MILES HERE WE COME!

TOTAL STUDENTS PARTICIPATING: 2,076
TOTAL MILES FOR ALL SCHOOLS: 151,311
AVERAGE MILES PER STUDENT: 94.96

WE HAVE WALKED TO DIXON, ILLINOIS! ONLY 96 MORE MILES TO GO.

DID YOU KNOW?
- John Dixon and his family settled the city of Dixon, IL in 1830
- Dixon is the hometown of President Ronald Reagan
- Dixon is “The Petunia Capital of the World” and hosts an annual petunia festival with a fun-filled parade each July
- The city is situated on the Rock River
LOOKING FOR IDEAS FOR EATING HEALTHY?

Go to www.dole5aday.com/Kids and play fun games about healthy eating, learn about delicious fruits and vegetables, and set your own goal for getting into all your meals. Use the website’s Select-O-Meter to find the perfect taste, texture and color of fruit or vegetable to suit your unique taste buds.

KEEP WALKING YOUR WAY TO FUN INCENTIVES IN THE NEW YEAR

This month, students from three schools won family four-packs of tickets to attend an exciting UIC Flames basketball game this winter. The winning classes are Ms. Neath’s class from Black Magnet School, Mr. Tomsheck’s class from Roque DeDuprey School and Ms. McNamara’s class at Jungman School.

In February classes that report their miles on time will be entered to win a high-energy appearance from Sky Guy, the Chicago Sky’s mascot.

In March we will have a fantastic prize for the classes that have been consistently reporting their miles.

GET HEALTHY, FEEL GREAT IN 2008

Did you know that eating right and being active are as easy as 5-4-3-2-1? Follow these daily tips to help you and your family get healthy in 2008.

5 servings of fruits and vegetables
4 servings of water
3 servings of low-fat dairy
2 hours or less of screen time (TV and computer)
1 hour or more of physical activity

You’re already working hard to stay physically active with Walk Across Illinois, now you can begin to make healthy food, drink and viewing choices as well.

GET YOUR FAMILY INVOLVED

Help your family get fit in the new year, and invite them to start their own walk across Illinois. All they have to do is log on to www.WalkAcrossIllinois.org and start reporting their daily miles.

From Coalition to Lower Obesity in Chicago Children (CLOCC)
5-4-3-2-1 Go! message

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Walk Across Illinois School Fitness Program Newsletter

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.