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For Further Information:  
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CAHPERD President CSU San Bernardino Professor

## CAHPERD Partners with Governor's Council For 'Fitness Challenge'

- What:** The California Association for Health, Physical Education, Recreation & Dance (CAHPERD) partnered with Governor Arnold Schwarzenegger and his "Governor's Council on Physical Fitness & Sports," (GCPFS) this week to launch the 2008-2009 "Governor's Challenge." CAHPERD President Dr. Terry Rizzo joined the Governor, Governor's Council Chairman Jake ("Body by Jake") Steinfeld, Governor's Council Vice Chairman (and Olympic Gold Medalist) Peter Vidmar, and representatives from such organizations as the California Interscholastic Federation (CIF) and the California Parent Teachers Association (PTA), among many other educational organizations, as the Governor again "Challenged" all Californians to be physically active 30-60 minutes a day, at least three days a week.
- Why:** CAHPERD is a non-profit, voluntary membership corporation formed exclusively to promote school, community and statewide programs of health, physical education, recreation and dance, encouraging lifelong healthy, active lifestyles and addressing the growing problem of child obesity. CAHPERD supports the "Governor's Challenge" effort as it seeks to establish early habits of physical activity in California's youngest citizens, and to encourage all Californians to be physically active for their health and well-being. The "Governor's Challenge" is a contest among all K-12 schools in the State, to help California students get active, healthy and fit. The contest requires students to be active 30-60 minutes a day at least three days a week for a month. CAHPERD is a vital partner in this effort, as it is primarily CAHPERD members that lead their schools and school districts implementation of the "Challenge" endeavor. CAHPERD members are California's physical education instructors, adapted physical educators, and health educators; and they are generally the School Coordinators responsible for planning and implementing the student's challenge, in addition to recording the data and submitting it to the GCPFS for consideration for awards and prizes.
- How:** To successfully complete the Governor's Challenge, students must be active 30-60 minutes a day at least three days a week for a month, *in addition to* the physical activity they engage in as part of their school's regularly scheduled physical education classes. For the purposes of this competition, physical activity is broadly defined and can include any and all forms of physical activity including, but not limited to: playing basketball, biking, boarding, diving, hiking, soccer, surfing, swimming, volleyball, walking, and wrestling, among many others. Every student that completes the Governor's Challenge earns a "Certificate of Completion" and an official patch from the Governor's Council on Physical Fitness and Sports.

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School Awards:

In addition to students receiving individual certificates and recognition for their participation in this program, schools are also eligible for awards and prizes for participation. There are two paths to qualify as a finalist for a 2009 *Governor's Challenge Competition* (by region and State):

1. A school can finish with the highest percentage of students completing the Governor's Challenge in its region. Or,
2. A school can finish with the highest number of students completing the Governor's Challenge in its region (at least one elementary, one middle school and one high school per region will become a finalist through this path).

Each finalist for the Regional Awards and Grand Prizes are asked to submit three essays, one describing their school's commitment to promoting healthy eating on campus, one describing their commitment to supporting physical activity on campus, and one describing the impact a brand new fitness center would have in their school community. Essays, along with the number of Active Days a school records, will be reviewed and considered by the Governor's Council and the Network for a Healthy California in determining award winners. CAHPERD members are often the coordinators of their school's efforts, and responsible for developing and submitting this information. The Prizes for the Winners of the Governor's Challenge are:

- Grand Prizes - Three brand new fitness activity centers (retail value \$100,000 each) to the grand prize winning elementary school, middle school and high school.
- Regional Awards - Eleven \$5,000 awards to purchase physical activity equipment.
- Front Runner Recognitions - Thirty-three \$1,000 awards to the elementary, middle and high schools in each region that record the most Active Days by January 31, 2008.

Who: CAHPERD members are the people "on the front lines" of addressing childhood obesity, and keeping children healthy and fit. According to a 2008 report published by *Children Now*, childhood obesity has doubled nationally in the last three decades. In California, the same report states that more than three million California children - or about one-in-three (35%) -- are considered overweight or obese, while only about one-in-four youngsters (28%) make the grade in terms of meeting or exceeding state physical fitness standards. As the average child or young adult in California now spends approximately six hours per day inactive and in front of a computer monitor and/or television screen, and less than 60 minutes a day completing moderate-to-vigorous physical activity, CAHPERD contends that it is crucial to the health and wellbeing of California's children that certified physical education programs, and regular physical activity, be available every day in California's schools.

Where: The Governor's Challenge event (and Spotlight Awards presented to the winners of the 2008 Governor's Challenge) took place on Wednesday, September 17 at 10 am at The California Museum, 1020 O Street, Sacramento, CA 95814.

For Further Information:

For further information regarding CAHPERD, please call (in Northern California) CAHPERD Executive Director Drisha Leggitt (916) 922-3596; (in Southern California) please call Legislative Committee Chairman Keith Johannes at (949) 683-6877 – or check the CAHPERD website: [www.cahperd.org](http://www.cahperd.org). For further information regarding the Governor Council on Physical Fitness and Sports, please check the website: <http://www.calgovcouncil.org>.

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