

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”

Over the next nine months, we are challenging your child to set a goal and achieve it. We would like to see **100% participation** in our Fitness Unit program for the 2014-2015 school year. Each child must earn 100 Fitness Units from August to April in order to achieve this goal. That is only 12 fitness units per month! For every 30 minutes of physical activity (e.g. running, swimming, tae kwon do, dancing, biking, soccer, basketball, cheerleading, etc.) your child will earn 1 fitness unit. Please encourage your child to be active this school year and be sure to record their earned units every month so we can meet our goal of 100% participation!

Experts have recommended that children and youth receive at least 60 minutes of moderate to vigorous physical activity each day. Here are 5 reasons we should make exercise an important part of our daily routine:

- Exercise Makes Your Heart Healthy
- Exercise Strengthens Muscles
- Exercise Makes You Flexible
- Exercise Keeps Us “Running”
- Exercise Makes You Feel Good

Join us this year as we take the fitness challenge to WALK, RUN, and SOAR for God’s glory!

In Him,

Mrs. Michaellynn Hughes
2014-2015 Fitness Coordinator

