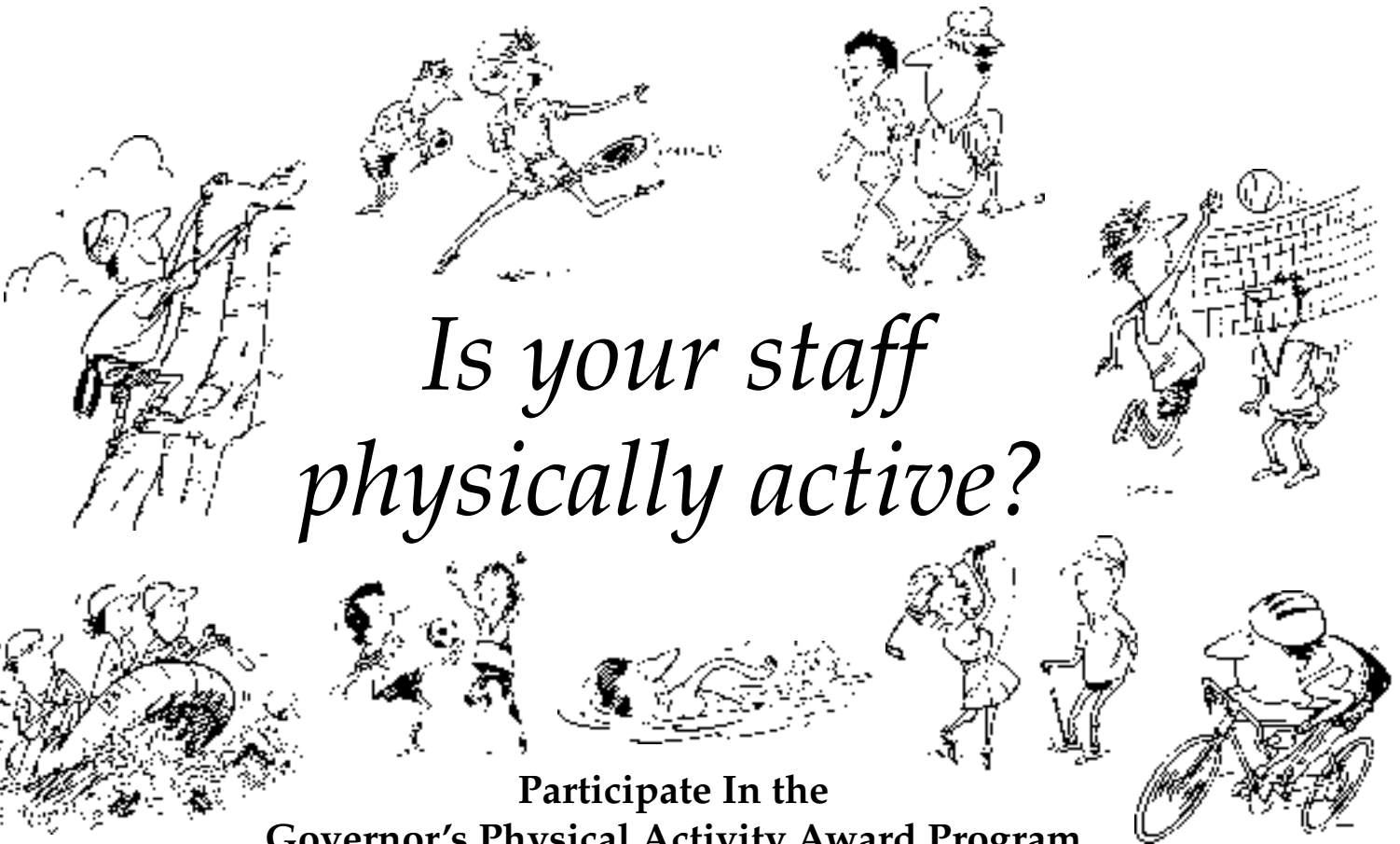


This program is sponsored by the VDOE and the Virginia Department of Health's Cardiovascular Health Project.

Virginia Department of Education  
P. O. Box 2120  
Richmond, VA 23218-2120

*Is your staff  
physically active?*



**Participate In the  
Governor's Physical Activity Award Program**

# *Governor's Physical Activity Award Program for School Personnel*

*Virginia is for Fitness Lovers!*

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## **PROGRAM OVERVIEW**

This physical activity award program is sponsored by the Virginia Departments of Health and Education and is endorsed by the Governor's Commission on Physical Fitness and Sports, and was originally developed in May 1982, by the Governor's Council on Physical Fitness and Sports. In Executive Order number seventy-five (75), May 1997, the Governor created the Governor's Commission on Physical Fitness and Sports and stated: "The Commission shall have the responsibility to advise the Governor on matters related to sports, health, and physical fitness in the Commonwealth." Its mission is to: "Educate Virginians of all ages about the many benefits of an active lifestyle and to encourage a holistic approach to physical fitness and health, including regular exercise, good nutrition, and participation in sports."

The challenge of the Governor's Physical Activity Award Program is for school personnel to make a commitment to become active and participate regularly in physical activities. Earning this award means you have met the challenge of personal wellness and are part of the statewide effort towards a healthier Virginia.

We hope you will also encourage your colleagues to join you in earning a physical activity award. All school personnel (teachers, administrators, cafeteria staff, bus drivers, etc.) are eligible to participate. Participants must have their completed activity logs signed by their supervisors, and mailed by the school coordinator to the Department of Education no later than May 15th. If the school does not have a coordinator, individuals may mail their logs to the address provided in this brochure.

It is strongly recommended that potential participants, especially those who have not been active on a regular basis, undergo a thorough medical examination before undertaking any physical activity program. It is also recommended that participants take the necessary steps to make sure their activity is enjoyable and safe. Remember that a helmet should be as common for a bicyclist or an inline skater as for a football player. And walkers, joggers, runners, and bicyclists should make certain that they are visible to motorists.

***Please Be Safety Conscious!***

## **THE AWARD**

**CONGRATULATIONS!** By participating in this program, you are demonstrating your personal interest in becoming, and hopefully remaining, physically active.

### ***To Earn the Award:***

1. Select an enjoyable activity(s). Suggestions are provided in this brochure.
2. Participate in a continuous physical activity program for **16 weeks**. To compensate for sickness and other unforeseen circumstances, the program may be extended over 18 weeks.
3. **Accumulate 30 minutes or more** of moderately intense physical activity per day to earn the following certificate:

**BRONZE** = Three (3) days per week

**SILVER** = Four (4) days per week

**GOLD** = Five (5) days per week

*The 30 minutes may be obtained in two  
15 minute increments*

4. Keep a record of your participation on the physical activity log (if you need additional logs, please make copies or attach separate sheets of paper).
5. **No later than MAY 15**, send the completed and signed activity log to:

**Governor's Physical Activity Award Program**  
Virginia Department of Education  
P.O. Box 2120  
Richmond, Virginia 23218-2120  
ATTN: Vanessa Wigand

For additional information concerning this program, please call (804) 225-3300.

# GOVERNOR'S PHYSICAL ACTIVITY AWARD Activity Log

(If you need additional activity logs, please feel free to make copies or download off the Web at  
<http://www.pen.k12.va.us/VDOE/Instruction/PE/GovPhysicalActivity.pdf>)

**PLEASE PRINT LEGIBLY!**

Name: \_\_\_\_\_ School Division: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

**AGE (check one)**

- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-up

**SEX (check one)**

- Female
- Male

**PLACE**

Please indicate where you participate in physical activity.

- N = Neighborhood Sidewalks
- P = Public Parks
- B = Bike and Walking Paths
- C = Private Club
- S = School Facilities
- H = At Home
- O = Other \_\_\_\_\_

Date      Activity      Place      Time				Date      Activity      Place      Time			
<b>Week 1</b>				<b>Week 7</b>			
<b>Week 2</b>				<b>Week 8</b>			
<b>Week 3</b>				<b>Week 9</b>			
<b>Week 4</b>				<b>Week 10</b>			
<b>Week 5</b>				<b>Week 11</b>			
<b>Week 6</b>				<b>Week 12</b>			

	Date	Activity	Place	Time		Date	Activity	Place	Time
<b>Week 13</b>					<b>Week 15</b>				
<b>Week 14</b>					<b>Week 16</b>				

I hereby affirm that I fulfilled the requirements for the  
Bronze ( ) Silver ( ) Gold ( ) Governor's Physical Activity Award

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

Signature (supervisor) \_\_\_\_\_ Date \_\_\_\_\_

### PHYSICAL ACTIVITIES

Experts agree that for better health, physical activity should be performed regularly. They recommend a minimum of 30 minutes of physical activity of moderate intensity (such as brisk walking) on most, if not all, days of the week. The experts also acknowledged that greater health benefits can be obtained by engaging in physical activity of more vigorous intensity and of longer duration.

Recent recommendations from experts also suggest that cardiorespiratory endurance activity should be supplemented with muscular strength and endurance enhancing activities at least twice per week in order to improve musculoskeletal health.

The following activities are only suggestions. You may use any physical activity or combinations of activities to accumulate your 30 minutes per day of moderately-intense physical activity.

- |  |   |  |   |
|--|---|--|---|
| Aerobic Dance ( <i>Aerobics, Aerobics Dance, Step Aerobics, etc.</i> )                           | Fencing                                   | Orienteering                                     | T'ai Chi  |
| Archery  | Field Hockey                              | Parcours Course                                  | Table Tennis  |
| Backpacking ( <i>Weight Of Pack Should Be At Least 10% Of Your Body Weight</i> )                 | Figure Skating                            | Racquetball                                      | Tennis  |
| Badminton  | Football                                  | Roller Blading/Skating                           | Volleyball  |
| Baseball   | Golf ( <i>No Golf Carts May Be Used</i> ) | Rope Skipping                                    | Walking Fitness ( <i>15 Minutes Per Mile</i> )      |
| Basketball   | Group Exercise                            | Rugby  | Walking Race ( <i>12 Minutes or Less Per Mile</i> ) |
| Bicycling  | Gymnastics                                | Running ( <i>Nine Minutes or Less Per Mile</i> ) | Walking Recreational                                |
| Bowling  | Handball                                  | Sailing  | Walleyball  |
| Canoe/Kayak  | Horseshoe Pitching                        | Scuba-skin Diving                                | Water Exercise                                      |
| Dance ( <i>Ballroom, Square, Folk, Round, Clogging, Country Western, or Dance Combinations</i> ) | Ice Hockey                                | Alpine Skiing                                    | Water Skiing  |
| Disc Sports  | Ice Skating                               | Nautilus   | Weight Training                                     |
| Double Dutch   | In-Line Skating                           | Nordic Skiing                                    | Wheelchair Physical Activities                      |
|  | Jogging                                   | Snowshoeing                                      | Woodcutting   |
|  | Lacrosse                                  | Snow Shoveling                                   | Wrestling   |
|  | Lawn Bowling                              | Soccer   | Yoga  |
|  | Lawn Mowing ( <i>Walk Behind Only</i> )   | Softball   |   |
|  | Martial Arts                              | Squash   |   |
|  | Officiating                               | Stair Climbing                                   |   |
|  |   | Swimming   |   |