

## Appendix B: Sample Pedometer Fund-Raising Letter

Date \_\_\_\_\_

Dear Community Student-Health Advocate:

XYZ School is seeking community support to promote student health and increase academic achievement. Through our school's participation in the Walk Smart, Virginia! program we hope to promote fit and energetic students who are better learners, and minimize the number of students with sedentary lifestyles that contribute to obesity and chronic diseases later in life.

Currently, we have pedometers for our 4th, 7th or 9th graders. With your help, we would like to purchase additional pedometers so that more of our students can accurately monitor their physical activity levels throughout the day. Your contribution will be recognized on a custom-designed label placed on the inside of each pedometer you purchase. These pedometers will be loaned to students, in a manner similar to how textbooks are loaned, so this will be a sustainable program that other students can benefit from for many years to come.

In a recent study, the Walk4Life pedometer selected for this program was listed among the pedometers identified as most accurate. A pedometer is a small inexpensive device (\$10) that is worn on the waistband or belt. It measures the vertical movement of the body as each step is taken. This up and down movement is converted into the number of steps students take and the number of minutes they have moved. Our students will wear a pedometer during their waking hours (at home, at school, and on weekends). At the same time each day, students will record their total daily steps onto a log and then onto a Web-based collection system.

On the Walk Smart, Virginia! Web site, [www.walksmartvirginia.com](http://www.walksmartvirginia.com), students will be able to set individual physical activity goals, enter the number of steps they have taken on a map of Virginia, and review Virginia history, geography, government and recreation information along the route. The Web site also includes a steps-to-miles converter, a body-mass index calculator, and links to nutrition and physical activity Web sites.

The physical education staff will administer the program and will work closely with the other teachers in the school to help them integrate this physical activity tool into their lesson plans.

If you would like to learn more about the Walk Smart, Virginia! program, or if you would like to offer your financial support to make this initiative a reality, please contact

We appreciate your consideration of this request.

Sincerely,