



GOVERNOR'S  
PHYSICAL ACTIVITY AWARD PROGRAM  
FOR SCHOOL PERSONNEL



# Governor's Physical Activity Award Program for School Personnel

*"The Governor's Physical Activity Award Program for School Personnel emphasizes the connection between regular physical activity and its benefit to overall health and wellness. By making daily physical activity a priority in their lives, the adults in our schools set an invaluable example for the students they serve. I look forward to celebrating the school personnel across Virginia who invest in their physical and mental health and wellness by engaging in this award program."*

-Governor Glenn Youngkin

## Program Overview

The mission of the Governor's Physical Activity Award Program is to enhance the overall health and well-being of school personnel and model and inspire healthy lifestyles for students. Participating in the Governor's Physical Activity Award Program wellness journey may also spark a happy workplace, inspire healthy competition, and it is easy and fun for all to join.

The goal of the Governor's Physical Activity Award Program is for school personnel to move with purpose and engage in a fitness challenge that promotes DAILY physical activity, improves well-being, builds resiliency, and motivates participants to accrue 150 to 251+ minutes of activity per week. Join the Governor's Physical Activity Award Program and move for good health, wellness and awards. Changing your level of activity can change your life!

To get started towards a happier, healthier you, create opportunities to move by engaging in organized or simple physical activities such as "walk and talk" meetings, brain-boosting classroom movement activities, mindfulness activities like yoga, meditation, and practicing acts of gratitude every day.

Your commitment to regular physical activity may promote important health and wellness attributes such as better sleep, improved cognitive function, reduced anxiety and depression, increased energy to accomplish daily tasks, and help to better manage life's everyday challenges.

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest you speak with your healthcare provider before starting an exercise program. Always choose appropriate types of activities, increase physical activity gradually, use necessary protective gear, and be active in safe environments.

We hope you encourage your colleagues to join you in earning a Governor's Physical Activity Award! All school personnel (e.g., teachers, administrators, bus drivers, school nutrition staff) are eligible to participate.

## The Award

Here is how your hard work and perseverance for promoting personal health and wellness will pay off. To achieve the Bronze, Silver, Gold, or Platinum Award levels, winners must meet the following criteria:

- Participate in the Governor's Physical Activity Award Program for School Personnel for 16 weeks.
- Document 16 entries on the physical activity log. To compensate for sickness or other unforeseen circumstances, the program may be extended over 18 weeks.
- Accumulate 50 minutes or more of moderate-intensity aerobic activity per day. This may be obtained in two 25-minute increments or three shorter intervals of time. The platinum award also includes engaging in muscular strength activities at least two days a week.

## Submission for Governor's Physical Activity Award

Participants must complete their activity logs, secure approval signature from their supervisors, and email the activity logs to [vdoe.physicalactivity@doe.virginia.gov](mailto:vdoe.physicalactivity@doe.virginia.gov) by June 1st.

Award achievement levels:

**BRONZE Award** – three (3) days per week  
- moving 150 minutes or more

**SILVER Award** – four (4) days per week  
– moving 200 minutes or more

**GOLD Award** – five (5) days per week  
- moving 250 minutes or more

**PLATINUM Award** - five (5) days per week  
– moving 250 minutes or more AND engaging in muscular strength activities at least two days a week!

If you need additional information, please email [vdoe.physicalactivity@doe.virginia.gov](mailto:vdoe.physicalactivity@doe.virginia.gov).

# GOVERNOR'S PHYSICAL ACTIVITY AWARD ACTIVITY LOG

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

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

PLACE: Please indicate where you participate in physical activity.

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

Date				Activity				Minutes				Place																																																																																			
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I hereby affirm that I fulfilled the requirements for the  Bronze  Silver  Gold  Platinum Governor's Physical Activity Award.

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

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

# Physical Activities

Experts recommend adults need between 150 minutes and 300 minutes of moderate-intensity aerobic activity each week and two days of muscle strengthening activity to achieve maximum benefit. Use the “Talk Test” to gauge intensity level. If you are doing moderate-intensity aerobic activity, you can talk, but not sing while performing the activity. Below are examples of aerobic and muscle-strengthening activities to help get you started!

Aerobic Activities		Muscle-Strengthening Activities	
Aerobic Dance (Aerobics, Step Aerobics, etc.)	Kickboxing	Climbing Stairs	
Archery	Lacrosse	Cutting Wood	
Backpacking (weight of pack should be at least 10% of your body weight)	Lawn Mowing (push/walk behind only)	Heavy Gardening (digging and shoveling)	
Badminton	Martial Arts	Hill Walking	
Barre	Mountain Biking	Shoveling Snow	
Baseball	Officiating	Working with Resistance Bands and/or Lifting Weights such as:	
Basketball	Orienteering	• Arnold Press	• Front Squats
Bicycling	Paddle Ball	• Back Squats	• Goblet Squats
Bowling	Parkour	• Bench Press	• Hammer Curls
Boxing	Pickleball	• Bent Over Rows	• Incline Fly
Canoe/Kayak	Pilates	• Bicep Curls	• Inverted Fly
Circuit Training	Racquetball	• Chest Fly	• Landmine Press
Cycling	Recreational Swimming	• Clean and Jerk	• Lateral Raises
Dance (Ballroom, Square, Folk, Round, Tapping, Clogging, Country Western, or Dance Combinations)	Rugby	• Clean and Press	• Overhead Press
Disc Golf	Running (nine minutes or less per mile)	• Deadlifts	• Overhead Squats
Fencing	Sailing	• Dips	• Shoulder Fly
Field Hockey	Scuba Diving	• Dumbbell Calf Raises	• Single Leg Deadlifts
Football	Skateboarding	• Dumbbell Lunges	• Thrusters
Frisbee Golf	Snowboarding	• Face Pulls	• Triceps Extensions
Golf (no golf carts may be used)	Soccer	• Front Raises	• Triceps Pushdowns
Group Exercise	Softball	Body Weight Exercises such as:	
Gymnastics	Sparring	• Assisted Pull-ups	• Push-ups
Handball	Spinning	• Chin-ups	• Side Plank
High Ropes Courses	Stair Climbing	• Curl-ups	• Sit-ups
Hiking	Street Hockey	• Glute Bridges	• Split Squats
HIIT (high-intensity interval training)	Table Tennis/Ping Pong	• Hollow Body Hold	• Squat Jumps
Horseback Riding	Tai Chi	• Incline Push-ups	• Squats
Ice Hockey	Tennis	• Inverted Rows	• Step-ups
Ice Skating	Ultimate Frisbee	• Knee Tucks	• Tuck-ups
In-Line Skating/ Rollerblading	Volleyball	• Leg Raises	• V-ups
Jogging	Walking	• Lunges	• Wall Push-ups
Jumping Rope	Water Aerobics	• Pike Push-ups	• Wall Sits
	Water Skiing	• Plank Hold	• Weighted Sit-ups
	Wheelchair Sports/ Activities	• Pull-ups	
	Yoga		
	Zumba		