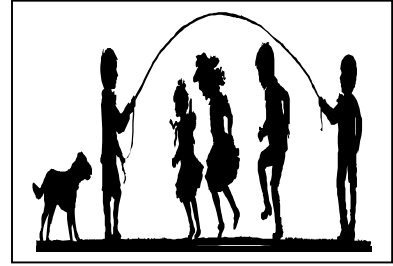


## 's Get Moving Fitness Log



Dear Parents and Students of Sunset Lake,

Greetings! Have you ever needed just one small thing to get you jump started? Well, if you are like me you do! I am starting a new program here at Sunset Lake to help motivate our students to **"Get Moving"** through these up coming winter months. This program is designed to motivate your child to **"GET MOVING!"** Active kids truly are happy kids!

After teaching P.E. for the past 22 years I have noticed that our kids are becoming less and less able to perform some of the basics that they should be attaining at this point in their lives! Several reasons are to blame, such as, too much T.V. and video games, fast food, etc. I believe that if what you are doing is fun, you will choose to do it more often. My hope is that we as teachers, parents, and students will work hard to make our bodies healthy so that we can live life to the fullest!

This program is not homework; it is not going to be graded! This is not a mandatory activity. I am making available a weekly "Fitness Log" document that the kids can bring home, fill out and return to me. Parents feel free to copy or reproduce this sheet if the whole family would like to do this together! That would be great!

Please encourage your child to take 10 -15 minutes per/day to exercise at home. Sixty minutes of physical education at school every week is not enough time to keep our kids healthy! Have a wonderful holiday season and call me if you have questions about this program!

Here's to your health!

Angie Getsinger  
Phys. Ed. Instructor  
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