

Did you know?

Although ours is the Fittest State in the nation, even in Colorado waistlines are expanding. In 2006, 18.2% of Coloradoans were considered obese and 36.7% were considered overweight. Nationally, however, the outlook is dire:

- *Over 108 million adults in the U.S. are considered either obese or overweight.*
- Translation: Roughly 3 out of 5 Americans are currently packing an unhealthy amount of excess weight.*
- *There are now 200% more overweight children and 300% more overweight adolescents than there were in 1980!*
 - *Physically inactive and overweight adults and children are at much greater risk for coronary heart disease, high blood pressure, Type II diabetes, stroke, osteoarthritis, respiratory problems and some types of cancer.*
 - *Inactivity and obesity are also associated with increased risk of depression, social stigmatization, poor body image and discrimination.*

But here's the good news – there IS a cure and it's called physical activity! And that's where the Governor's Council for Physical Fitness's *Shape Up Across Colorado* program comes in. *Shape Up* is a free physical activity program that is accessible to individuals of all ages and ability levels. It's easy. It's effective.



Starting in October Sierra will do its part for *Shape Up Across Colorado.*

Activity 1: The students and staff, by homerooms will walk for 30 minutes for 15 times (not limited to) during the months of October (Oct 1-5 International Walk to School Week) and November. Each homeroom would have then traveled 400 miles. As each class completes the map, it would be displayed in the display case. The culminating activity will be having the student and staff body walk for 30 minutes on the same day. (different start times)

Activity 2: Give all the students their own map so they can accumulate 400 miles. Maps would stay in the student's homeroom. Each student would get a certificate for completion of the 400 miles. Students would keep record from October thru December.

Activity 3: Give a map to each student to take home. See how many families can accumulate 400 miles together.

Maps for students/staff, and the classroom will be in your mailboxes by Monday.

Thank you for supporting physical activity for all.
Matt Monfre

For more information check out the website
<http://www.shapeupchallenge.org/>