

# GOVERNOR'S CHALLENGE COMPETITION

## Grand Prize

A Brand New  
Fitness Center!!!

## 11 Runner Up Prizes

\$1,000 of Physical  
Activity Equipment



### EDUCATIONAL ASSOCIATION PARTNERS:

- California Teachers Association
- California Association of School Counselors
- California Charter Schools Association
- California Association of School Business Officials
- California School Boards Association
- Association of California School Administrators
- California Association of Health, Physical Education, Recreation and Dance
- California County Superintendents Educational Services Association

# Get Involved in Some Healthy Competition



Sign up for the  
**Governor's  
Challenge**  
and help your school win...

## About the Governor's Council

The California Governor's Council on Physical Fitness and Sports is a non-profit, non-partisan organization dedicated to promoting physical activity for all Californians, with an emphasis on children and youth. Research shows that regular physical activity during childhood and adolescence helps build healthier bones and muscles, increases self-esteem, and may reduce the risk of diseases such as type 2 diabetes and obesity. In addition, physical activity and fitness have been shown to be highly correlated with academic success.

## Nutrition Tips from the California Nutrition Network for Healthy, Active Families

Fruits and vegetables have important vitamins and minerals that your body needs to grow strong and stay healthy. They also give you extra energy to do well in school and sports!

**Eat a Rainbow of Colors!** Fruits and vegetables have many colorful phytonutrients. "Phyto" means plant in Greek and "nutrients" are the things in food that help you live and grow. Try fruits and vegetables from all the color groups—red, green, yellow/orange, blue/purple, and white.



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## The Challenge

- Be active 30–60 minutes a day at least 3 days a week for 4 weeks in addition to the physical activity you do as part of your school's regularly scheduled physical education (PE) classes.

## The Prizes

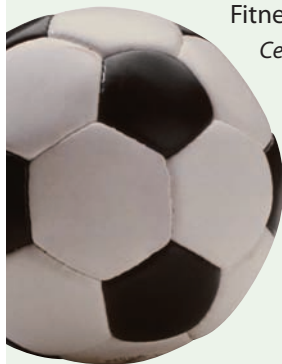
### Schools

- Grand Prize— A BRAND NEW FITNESS CENTER!
  - Eleven \$1,000 awards for physical activity equipment
- School prizes made possible by the Blue Cross of California Foundation.*

### Students

- Certificate of Completion signed by the Governor and an official Governor's Council on Physical Fitness and Sports patch!

*Certificates and patches made possible by General Mills.*



## How Do I Participate and Win?

- Sign up and complete the Governor's Challenge by May 31, 2007.
- Schools with the highest percentage of students who complete the Governor's Challenge in each of California's 11 regions will be named regional award winners and finalists for the grand prize. One overall winner will receive the grand prize— A BRAND NEW FITNESS CENTER!
- To win the grand prize, a school must be a regional award winner and demonstrate that it has the strongest commitment to promoting healthy eating and physical activity.



## How Do I Sign Up?

- Go to [www.CalGovCouncil.org](http://www.CalGovCouncil.org)
- Enter your name and your school's name and start getting active today!

### High School Student Bonus

- Students who *sign up* for the Governor's Challenge can download a 30 day Teen Fitness Pass to work out for free at 24 Hour Fitness during selected hours.
- Students who successfully *complete* the Governor's Challenge can download a 90 day Teen Fitness Pass and work out for free at 24 Hour Fitness for another 3 months.

