



MOVING IN INDIAN COUNTRY IS...

FUN – Instead of riding in the car consider biking or hiking to your destination. Be adventurous on a playground or in a local park!

FAMILY FRIENDLY – Getting exercise can be a family activity. A trip to the beach, mountains, local park, or playground can be fun for the whole family. And be sure to bring your friends along too!

TRADITIONAL – Get moving to take part in traditional physical activities such as dance, lacrosse, hunting, and fishing. Learn about traditional foods by planting a garden (this counts as physical activity too)!

HEALTHY – It's true that American Indians and Alaskan Native people are most at risk for diabetes and other diseases related to obesity. Stay healthy by getting active. People who regularly participate in physical activity are:

- Less likely to become obese or develop related conditions, such as diabetes, high blood pressure, or reduced sleep quality.
- Youth are more likely to lead active, healthy lifestyles as adults.
- Less anxious and have a better overall well-being.
- More alert in school and less likely to suffer from depression.

...SO GET GOING!

WHAT TO DO – There are dozens of ways to get moving. Here are just a few:

- Walk, jog, or run indoors or outdoors.
- Bike along a path in the woods.
- Swim in a pool, lake, or at the beach.
- Play!...Sports like football, basketball, lacrosse, archery, and baseball, or games such as tag, hide-and-seek, or kickball.
- Experiment!...with activities like canoeing and kayaking.
- And remember that gym class counts too!

SIGN UP! – Joining the Let's Move! in Indian Country Challenge is easy:

■ **Online** - Select activities, enter times, track your progress, and receive encouragement! Just follow the steps below:

- To register go to: www.presidentschallenge.org
- Fill out the form and submit
- Under "Choose a Challenge or Start a Group" select "Presidential Active Lifestyle Award" and submit
- Click on the "Groups" icon
- Enter **Group Number 97158** in the search field "Enter a Group Number" and submit
- Click to join Let's Move! in Indian Country!

■ **Activity Log** - Complete a paper-based activity log (see reverse). When you finish, return the log to your Group Coordinator to report your participation.

IT'S EASY – Just 60min for youth (6-18) or 30min for adults (over 18) 5 days a week for 6 weeks. **Whether on or off-line, you'll receive special recognition for stepping up to the Let's Move! in Indian Country Challenge!**

The Let's Move! in *Indian Country* Presidential Active Lifestyle Award





The Presidential Active Lifestyle Award Activity Log

Participant Name _____ Date Started _____

Group ID **97158** Organization _____ Date Completed _____

Week 1	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Instructions

Visit www.presidentschallenge to register and enter your activities online or use this worksheet to track your progress and report your completion to your Group Coordinator. Don't forget to join the Let's Move! in Indian Country Group (ID at top of page). It's the easiest way to be counted and get recognized!

