

Extreme Strider Morning Walking Program - Start-Up Guide

DESCRIPTION:

This is a "Walk At School" morning walking program.

- Students are encouraged arrive 5-15 minutes early to school to join in walking around a small 'track' designated by 4 cones on the blacktop. Best size for track is about 1/8 mile...220 yards. You can approximate the track size by 'pacing' the course, 35 yards wide, 75 yards long. Every 8 laps is ONE mile!
- One parent or a teacher (with a bullhorn and a 'boom box' – gets the kids excited) encourages as many students as possible to walk around the 'track', to join in the fun!



GOALS:

Primary Goal is to engage at least 75% of the student body to participate.

- Younger students tend to average about ¾ to 1 mile or 6 to 8 laps in about 15 minutes.
- Upper grade students averaged closer to 1– 1 1/2 miles or 8 to 12 laps.

POTENTIAL COSTS:

Materials needed are most likely items already on hand: Four cones, a boom box, and a bullhorn.

- 4 Cones: \$10 at Toys R Us (nice LARGE size cones!)
- Boombox: Approximately \$25 (if you don't already have one...the BIGGER the better!)
- Safety Vests: *Optional* - \$5 at www.safetydepot.com (for 'Fitness Patrol' kids who 'run' the program)

One flyer describing the program to the parents (encourage your parents and siblings to join in the walk!). This flyer can include a permission slip, if necessary.

LESSONS LEARNED:

- 1st through 3rd grades are more likely to participate than older grade levels. (Make the track/music CLOSEST to lower grades)
- Ideal is to have TWO TRACKS...one for younger kids, one for upper grades.
- GREAT music is VERY important! (Radio Disney, Movie Soundtracks, Shrek, etc.)
- You can add 'incentive programs' to participate (i.e. have 'helpers' give out 'tickets'--winning ticket holder gets a granola bar & name badge that says "Congratulate Me, I'm the Extreme Strider of the Day!" These can be printed on NEON colored Avery Labels # 5978).
- Track your 'stats' on how many laps your school is running, give each student a four week 'Goal Sheet' to tape to their desk (or buy a class chart at teacher supply store).
- Each day, 5-10 'markers' (student helpers) each have a 'dry erase' marker. They put one 'dot' on the finger or arm of each runner for each lap. When students arrive to their class, they 'record' the number of laps they ran. Room Parent records laps each month and turns into office.
- It is VERY EASY to get WONDERFUL STATS...and they can help to justify grants, etc....!!!



Share your Success

Pam Skinner is a mom, fitness instructor, member of the school Nutrition and Wellness Committees, and creator of the Extreme Strider Morning Walking Program at her daughter's elementary school. Her goal is to encourage 100,000 students across the country to start, and participate in, a morning walking program at their own school!

Please share your success and help Pam get to 100,000 kids, contact Pam at...

pam@balancebands.com

Pam Skinner, M.S. – Creator of Extreme Striders

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