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December 2, 2008  
**Newsletter**

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## Happy Holidays!

Dear Friends and Supporters:

Another exciting and busy year is coming to a close. We are eagerly awaiting 2009, as we know it's going to be our most successful year yet in continuing our mission to inspire active, healthy living. A special thanks to all who have supported us in the past, we look forward to future opportunities to work together and foster our relationships. Please be sure to check out the articles in this newsletter dedicated to helping you have a healthy and active holiday season

Happy Holidays. See you in 2009.



## A Perfect Gift for the Holidays!

It's not too late to purchase a *Friend of PE4life* membership for the holidays! Simply visit the resources section of our website (click on the Pro Shop logo below), choose your level of giving, print the downloadable certificate and wait for your free gifts to arrive in the mail!



**PE4life**

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## Staying Active during the Winter Season

With the holidays quickly approaching and the cold weather setting in, it's tempting to trade your evening family walk for a night inside building a gingerbread house. While these activities can be great family bonding experiences, keep in mind that this is the time of year when both adults and children consume the most amounts of sugar and junk food. Therefore, it is critical during this time to have an exercise routine in place. There are plenty of fun ways for you and your child to get your daily dose of exercise. Check out the list below for some great ideas on how to keep your family physically active during the winter season.

- Head to the local Christmas tree farm and pick out a tree
- Go sledding
- Build a snowman or an igloo
- Make an obstacle course in the house
- Have a jump roping contest
- Conduct a dance-off in the living room
- Visit your local YMCA for a day of swimming
- Find a local gym and play basketball (check your local elementary or high school)
- Take up yoga
- Put on a kid's exercise DVD
- Practice your moves with Dance Revolution Extreme
- Host a family XaviX night
- Plant a winter garden



## Sponsor Spotlight

### Human Kinetics



Receive 10% off the price of most Human Kinetics' resources (excluding journal subscriptions and online courses) when you use the code L830! [Physical Activity and Nutrition for Health](#) is a popular new book and CD-ROM package that will help you promote fitness and nutrition among students and staff, and its nutrition services tools will help you garner support from parents and community members to enhance student success. With your discount, *Physical Activity and Nutrition for Health* is only \$31.50!

Visit [www.HumanKinetics.com](http://www.HumanKinetics.com) or call 800-747-4457 to request a catalog or place an order. Take advantage of this great opportunity today!

#### About Human Kinetics

Human Kinetics was founded in 1974 and is now widely recognized as the foremost publisher in the physical activity field. Human Kinetics publishes FITNESSGRAM®/ACTIVITYGRAM®, Fitness for Life, Physical Best, and hundreds of other resources for physical educators.

### Speed Stacks



As your partner in providing ways to help kids stay fit and healthy, Speed Stacks wants to be sure you are aware of their products are no longer available in retail stores. Working directly with schools and teachers is what Speed Stacks has always done best. Their company is committed to making your sport stacking and fitness program stronger than ever. They are asking your help in getting this message out to your students and

- Play leapfrog
- Go ice skating, either indoors or outdoors
  - Take a winter nature hike
  - Use food coloring to create a hopscotch pattern in the snow
    - Decorate your outdoor trees with popcorn, lights, and berries
  - Bowl in the snow
  - Have a snowball fight

A great way to ensure your child remains physically active during the winter is by joining in on their physical activities. Children pick up on and model their parents' lifestyle habits and behaviors. Studies have actually shown that parents who are healthy and fit tend to raise healthy and fit children. So chances are if you are a physically active adult who joins in on your child's play, they too will become a physically healthy adult. So remember, before you settle in front of the fireplace with a cup of hot cocoa and a board game, make sure your child has had his dose of daily activity.

For some other great ideas and resources, check out these books: "Best New Games," "Chicken and Noodle Games," and "Play as if Your Life Depends on It."

## Candy Canes, Gingerbread, and Cookies Oh My!

It's that time of year again when the snow begins to fall and the sugar flows like water. With the holidays quickly approaching, along with the fun and excitement also comes the abundance of sugar. With 1 in 3 children being obese and many children getting 2 out of their 3 meals in the school cafeteria, it's critical this holiday season that teachers provide healthy alternatives to sugar in the classroom. Below are some ideas to help make your classroom a little healthier during the holidays.

- Have your holiday party after lunch. Your students will be less likely to overindulge on junk food if they aren't snacking on an empty stomach.

parents. To make sure your students have an opportunity to practice at home what they are learning at school, please consider doing a Speed Stacks Group Order. A Group Order allows your students to get their own Speed Stacks gear at a significant discount. Their Group Order is similar to the Scholastic book order process used by classroom teachers. A Group Order will encourage your students to be more active at home and reinforce what you are teaching them at school.

Set up an Online Group Order and start making a greater difference today by going to [http://speedstacks.com/group\\_orders/](http://speedstacks.com/group_orders/)

- Never use food as a reward for good behavior. This rule doesn't just apply to the

holidays – studies show that children rewarded with food are more likely to become

obese later in life. Some alternatives to food rewards can include: social rewards,

recognition, privileges, school supplies and more

- Have an extended recess on the day of your classroom party, or if that's not possible, engage your students in a highly physically active game during recess

(races, jump roping competition, etc.)

- Ask parents to provide healthy alternatives to junk food, like fruits and vegetables.

You may want to consider providing a sign-up sheet to parents with healthy foods

already listed, that way you can regulate what will be brought into the classroom.

Most parents will be happy to comply with the new process if it helps their children stay healthy.

- Limit each child to one food item during the party.

- Ask parents to bring non-food items, like pencils, stamps, stickers, or other

inexpensive objects.

- Provide games to play during the party (i.e. set up Dance Dance Revolution or a

XaviX system in the classroom).

Students will be more likely to avoid the sugar if

they are distracted, plus they'll be staying active.

- Advocate for daily physical education in your school if you don't already have it!

Healthy active kids learn better and have fewer discipline incidents. Visit

[www.pe4life.org](http://www.pe4life.org) for more information on implementing daily PE.

As the holiday spirit consumes your classroom in the upcoming month, please remember this is a critical time to continue

teaching and exercising healthy eating habits. While it's tempting to let the holiday spirit turn a blind eye to all the cupcakes making their way into your classroom, remember it's more important than ever to continue helping kids make healthy food choices.

## **Local Stackers Help Break Guinness World Record in Sport Stacking**

Students at the PE4life Academy Training Center at Woodland Elementary School took part in the 3rd annual World Sport Stacking Association (WSSA) STACK UP! on Thursday, November 13th. During the course of the day, sport stackers participated in up stacking and down stacking various pyramids in prescribed patterns at lightning speed for 30 minutes or more. For the third year in a row, Guinness World Records billed it as the "World's Largest Sport Stacking Event." Although the official count has not been announced, sights were set on more than 175,000 stackers participating in a time when sport stacking with Speed Stacks is rapidly gaining popularity around the world. Sport stacking has been termed a "track meet for your hands at warp speed." It is an exciting sport where students up stack and down stack 12 specially designed cups called Speed Stacks in predetermined sequences as fast as they can. Stackers race against the clock and compete in relays.

The students at Woodland Elementary participated in the sport stacking event during PE class throughout the day on Thursday November 13. The PE4life Academy Training Center at Woodland Elementary has been using sport stacking in their PE programs for some time. Last year, Speed Stacks, Inc. formed a partnership with PE4life, bringing together two organizations devoted to promoting a healthy, active lifestyle for children of all ages.

To read more about this exciting event, click [here](#).

**PE4life is hiring! Click [here](#) to find more information on new positions available!**

\* Please do not respond to this email. If you have questions, comments, or wish to be taken out of our database, please send your name to Melanie Modlin at [mmodlin@pe4life.org](mailto:mmodlin@pe4life.org).

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