

FAITH FITNESS CHALLENGE

DATE: SEPTEMBER 13, 2009 – OCTOBER 24, 2009

WHO: ALL STUDENTS, PARENTS, FACULTY, AND STAFF AT FCA

WHAT: ALL PARTICIPANTS ARE ENCOURAGED TO EXERCISE EACH DAY

HOW LONG: 60 MINUTES FOR STUDENTS 30 MINUTES FOR ADULTS PER DAY

WHY: TO PROMOTE HEALTHY PHYSICAL FITNESS FOR ALL AGES

MORE DETAILS:

- PARTICIPANTS ARE TO RECORD THEIR EXERCISE ON THE BLOCK SHEET PROVIDED (ALL EXERCISE DOES NOT NEED TO BE DONE AT ONE TIME)
 - PARTICIPANTS HAVE A 6 WEEK PERIOD TO COMPLETE THE CHALLENGE.
- CHALLENGE CARDS MUST BE TURNED INTO THE SCHOOL OFFICE BY NOVEMBER 1, 2009
- ALL STUDENT CARDS MUST BE SIGNED BY AN ADULT AT THE COMPLETION OF THE CHALLENGE
- ALL OF THOSE WHO COMPLETE THE CHALLENGE WILL BE HONORED AT THE FALL AWARDS BANQUET HELD NOVEMBER 16, 2009 AT THE NEW HOPE CAMPUS.

AWARDS: (THERE ARE 42 DAYS OF FITNESS POSSIBLE)

BRONZE: 18-23 DAYS COMPLETED

SILVER: 24-29 DAYS COMPLETED

GOLD: 30-42 DAYS COMPLETED

*FALL SPORTS ATHLETES ARE ONLY ELIGIBLE FOR GOLD AWARDS

*EXERCISE=ANY PHYSICAL ACTIVITY THAT IS EQUIVALENT TO A BRISK WALK FOR THE ALOTTED AMOUNT OF TIME (60 MIN. FOR STUDENTS AND 30 MIN. FOR ADULTS).

Philippians 4:13 "I can do everything through Him who gives me strength".