



Kent Steps UP! Pedometer Program

Parents:

In an effort to address the growing concern of childhood overweight and obesity, the Kent County Health Department is offering a program called Kent Steps UP! Kent Steps UP! is designed to increase physical activity and encourage healthy behaviors through a fun competition for 3rd and 4th graders. This year, it is being offered to schools in northeast Kent County.

Kent Steps Up! is a four-week, pedometer-based competition that encourages kids to “step up” their physical activity and take at least 10,000 steps a day. The competition begins April 19th and ends May 14th. Each child that enrolls in the program will receive a free pedometer which will be theirs to keep at the end of the program. Each day, students will record their step totals on their activity log. At the end of each week (or by the Monday after the previous week) students will give their activity logs to their teacher for entry into an on-line database. Each child who successfully completes the program (walks and enters steps for at least 3 out of the 4 weeks) will receive a t-shirt as well as individual prizes for the top three, 3rd and 4th graders.

Each child will be given one free pedometer. If the pedometer gets lost or broken, inexpensive replacements can be purchased at Meijer, Wal-Mart, and Target. If they bring it home at night or on the weekend, please remind them to bring it back to school and to record their daily steps. Steps will be entered into the database each week.

If you would like your child to participate, please **sign** and **return** the enclosed consent form to your child's teacher **before** April 13th. Registration will end on April 13, 2010.

For further information about the program you may call the Kent County Health Department at 616-632-7290 or visit our website at www.healthykent.org/kentstepsup.