

Welcome to York Parks and Recreation Department's  
**P.E.D. KIDZ FITNESS PROGRAM**  
We're glad that you have accepted the challenge to move more and  
**Play Every Day!**

**REGISTER AND RECEIVE YOUR OFFICIAL PACKET**

In order to be officially registered you must fill out the attached application and leave it with us at the Parks and Recreation Office You do not have to send it to the State, we will do that for you

**SET SOME DAILY GOALS FOR STEPS OR TIME**

You can choose to participate by recording your daily time spent on physical activity OR you can use a step counter. (Hint: past participants found it easier to record time because the step counters can not accurately record some activities such as swimming and bike riding )

To prepare yourself for the first week of the program, find your baseline by following the baseline guidelines in the packet

Set a goal for yourself, based on your baseline, that you can work toward achieving in the next two weeks. **THIS SHOULD BE MORE THAN YOUR BASELINE.**

**KEEP TRACK OF YOUR ACTIVITY**

Be sure to fill in the personal fitness calendar daily

Re evaluate your goals every two weeks

**YOU MUST PARTICIPATE IN AT LEAST 6 OF THE 8 WEEKS TO BE ELIGIBLE FOR PRIZES.**

**REPORT YOUR PROGRESS**

At the end of weeks 2,4,6 & 8 e-mail your weekly totals to the Parks and Recreation Department at [rcogger@yorkmaine.org](mailto:rcogger@yorkmaine.org)

You can also stop by the parks and Recreation Office to submit your totals.

**PRIZES**

In addition to the challenge medals awarded by the governor, If you have successfully met, recorded and submitted your weekly goals, you will be eligible for a number of other great prizes.

If you have any questions or concerns about the PED kidz program please don't hesitate to contact Robin at the Parks and Recreation Department 207-363-1040 or [rcogger@yorkmaine.org](mailto:rcogger@yorkmaine.org)

# Challenge Medal Criteria

## Gold Challenge Medal

Record activity at least 6 times per week for 6 weeks meeting your step or time goal

## Silver Challenge Medal

Record activity at least 5 times per week for 5 weeks meeting your step or time goal

## Bronze Challenge Medal

Record activity at least 4 times per week for 5 weeks meeting your step or time goal

Please keep in mind that although you may record activity for 6 days out of the week, if you do not meet the personal goal that you set on a given day, that day will not count.

## Baseline Information

### Baseline for Using a Pedometer

1. Set your step counter to zero and go about your daily routine.
2. Record your daily steps on your personal fitness calendar (i.e., 5,500 steps on Day 1.)
3. Continue to do this for five to seven days. You can either reset your pedometer daily or go for a grand total on your last day (i.e., seven day total is 38,500).
4. Find the average number of daily steps ( $38,500 \div 7 = 5,500$ ). This is your **baseline**.

### Baseline for Tracking Your Activity

1. Record your daily time spent on physical activity (i.e., playing basketball, building snowmen, walking dog; ice skating, etc.) on your personal fitness calendar (i.e., 30 minutes on Day 1).
2. Continue to do this for five to seven days.
3. Add up all time spent and divide by the number of days recorded (five or seven). This is your **baseline**.

12 years and younger -- 60 minutes of daily activity is recommended three to five days a week

13 years and older -- 60-75 minutes of daily activity is recommended three to five days a week



# Maine in Motion Personal Fitness Calendar

## Track "Steps" or "Time"

Name: \_\_\_\_\_ Site: \_\_\_\_\_

Grade: \_\_\_\_\_ Coordinator's Name: \_\_\_\_\_

➔ Steps at Baseline:  Daily Step Goal:  or Daily Time Goal:

Week:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Warm Up Week 1								Week 1 Total:
								Week 2 Total:
2								Week 3 Total:
	Is it time to set a new step or time goal? Yes No New goal: _____							
3								Week 4 Total:
								Week 5 Total:
4								Week 6 Total:
	Is it time to set a new step or time goal? Yes No New goal: _____							
5								Week 7 Total:
								Week 8 Total:
6								Week 9 Total:
	Is it time to set a new step or time goal? Yes No New goal: _____							
7								Week 10 Total:
								Week 11 Total:
Cool Down Week 8								Week 12 Total:
								Week 13 Total:

**Be sure to record your step or time goal above.**

(over)



# Maine in Motion

## Youth Registration Form

### Required Information:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Town: \_\_\_\_\_

Zip Code: \_\_\_\_\_ County: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

Will you:  track steps (pedometer)  track time

### If you are a student ....

Your grade level: \_\_\_\_\_ Your site: \_\_\_\_\_

### If you are NOT a student ....

Primary Employment:  employed  self-employed  retired  
 homemaker  out of work  other

Your work site: \_\_\_\_\_

Height without shoes (optional): \_\_\_\_\_ Weight without shoes (optional): \_\_\_\_\_

email: \_\_\_\_\_

Please answer some questions about yourself. Regular physical activity is defined as achieving at least 30 minutes of moderate physical activity on four or more days of the week.

### What best describes your current level of exercise?

- I do not participate in regular physical activity now, but intend to in the next 30 days.
- I do not participate in regular physical activity now, but intend to in the next 6 months.
- I do participate in regular physical activity now, but have been for LESS than 6 months.
- I have been participating in regular physical activity for MORE than 6 months.

### **Regular physical activity** is defined as achieving at least:

- 30 minutes (in bouts of at least 10 minutes at a time) of moderate-intensity activity on 5 or more days of the week *OR*
- 20 minutes of vigorous-intensity activity on 3 or more days of the week.

**Moderate physical activities** are those in which a person would experience some increase in breathing or heart rate. Examples of moderate physical activities include walking, cycling, dancing, gardening and yardwork, and various domestic and occupational activities.

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~~Return registration form to Maine in Motion, 11 Parkwood Drive, Augusta, ME 04330.~~

**Vigorous physical activities** are those in which a person would experience a large increase in breathing or heart rate. Examples of vigorous activities include jogging/running, lap swimming, cycling, skating, cross-country skiing, hiking/backpacking, racquet sports, and competitive group sports (soccer, basketball, etc.).

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If you **DO** currently participate in regular physical activity:

1. Choose an activity from the list below:

activity: \_\_\_\_\_

Level (circle one): moderate or vigorous

how many days per week:

How many minutes per day:

less than 1

less than 10

1-2

10-19

3-4

20-29

5 or more

30-59

60 or more

2. Choose another activity from the list below:

activity or other: \_\_\_\_\_

Level (circle one): moderate or vigorous

how many days per week:

How many minutes per day:

less than 1

less than 10

1-2

10-19

3-4

20-29

5 or more

30-59

60 or more

3. And choose a third activity from the list below:

activity or other: \_\_\_\_\_

Level (circle one): moderate or vigorous

how many days per week:

How many minutes per day:

less than 1

less than 10

1-2

10-19

3-4

20-29

5 or more

30-59

60 or more

### Activity List

walking

cycling

martial arts

dancing

hiking

swimming

housework

aerobics

jogging

rowing

yard work

gardening

write in sports, etc., next to other



Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly to yourself.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered:

**YES to one or more questions**

**NO to all questions**

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active. Tell your doctor about the above questions and which questions you answered YES

You may be able to do any activity you want -- as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice

If you answered **NO** honestly to all questions, you can be reasonably sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

You should **delay becoming much more active** if:

1. You are not feeling well because of a temporary illness such as a cold or fever: wait until you feel better
2. You are or may be pregnant: talk to your doctor before you start becoming more physically active

**Informed use of the Par-Q:** The Canadian Society of Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing questionnaire, consult your doctor prior to physical activity

I have read and understood the PAR-Q questions listed on this page.



**Required Information:**

I understand that any information I provide is privileged and confidential. I agree to the use of information for evaluation and research purposes as long as I am **not** identified. I have read, understood, and completed this questionnaire. The Maine Governor's Council on Physical Activity and their agents assume no liability for persons who undertake physical activity and hereby state that I am voluntarily participating in the *Maine in Motion* program. My photo may be used for promotional purposes

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature for participants under age 18.



Signature: \_\_\_\_\_ Date: \_\_\_\_\_

