



GO KIDS GO!

Caring · Honesty · Respect · Responsibility

**MAY
2012**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did you know? Each May, millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity. This non-competitive program has proven to be educational, motivational and fun. Starting its 23rd year worldwide, ACES has reached millions of children, parents, and teachers including participants from more than 50 countries. All Children Exercising Simultaneously (ACES) will take place on Wednesday, May 2 at 10:00 a.m.</p>		1	2	3	4	5
		Walk for 5 min Run for 5 min Walk for 5 min Run for 5 min	Bike for at least 20 min. ACES 10 a.m. All Children Exercise Simultaneously	Go for a swim for at least 20 minutes.	Stretch for 15 min. Make sure to warm up your muscles first with light exercise or a hot shower or bath.	Walk for 7 min Run for 7 min Walk for 7 min Run for 7 min
Rest 6 Total Points = _____	Jump rope for 15 min 7 35 crunches 35 back extensions 15 push-ups 15 squats	8	9	Stretch for 15 min. Make sure to warm up your muscles first with light exercise or a hot shower or bath. 10	11	Jump rope 15 min 12 35 crunches 35 back extensions 15 push-ups 15 squats
Rest 13 Total Points = _____	Swim 50 yards Swim with fins Swim 50 yards Repeat if desired. 14	Bike for at least 30 minutes. 15	Stretch for 15 min. Make sure to warm up your muscles first with light exercise or a hot shower or bath. 16	Warm up and then run 1 mile. Time yourself to see how you do. 17	Ride a bike for 30 min. Try adding some sprints in your ride today. 18	Try swimming 75 yards. Practice swimming with a kickboard for 50 yards. Swim 75 yards again. 19
Rest 20 Total Points = _____	Walk for 5 min. Run for 25 minutes at an easy pace. 21	Stretch for 15 min. Make sure to warm up your muscles first with light exercise or a hot shower or bath. 22	Warm up by jogging 25 seconds, sprint 10 seconds. Repeat for a total of 15 minutes. 23	Jump rope for 15 min 35 crunches 35 back extensions 15 push-ups 15 squats 24	25	26
Rest 27 Total Points = _____	Stretch for 15 min. Make sure to warm up your muscles first with light exercise or a hot shower or bath. 28	Bike for 10 min Run for 5 min Bike for 10 min 29	Jump rope for 15 min 35 crunches 35 back extensions 15 push-ups 15 squats 30	Swim for 25 yards at a time. Try to increase speed every 25 yards. 31	If you follow this calendar, you will be preparing yourself for a triathlon. That is typically an event where you would swim, bike, and run. The YMCA will host a children's triathlon in June for those of you that would like to try it out! Good luck!	

Recipe of the Month (5 points) FOR HEALTHY LIVING

Baked Chicken and Asparagus Casserole
1 can Campbell's condensed 98% fat-free cream of broccoli soup
1 1/4 cups cooked wild rice
24 asparagus spears
4 (4-oz) boneless, skinless chicken breasts
4 oz low-fat Monterey Jack cheese, shredded

- Preheat oven to 350 degrees. In a bowl, whisk together water and soup.
- Spread rice in a 9 X 13 inch casserole dish.
- Arrange asparagus stalks lengthwise over rice, then lay chicken breasts on top.
- Pour soup mixture over everything and sprinkle with cheese. Cover with aluminum foil and bake for 40 minutes or until chicken is cooked through.

Nutrients per 11/2 cup serving: Calories 469, Total fat: 10g, Sat.fat: 5g, Carbs: 50g, Fiber: 6g, Sugars: 4g, Protein: 45g, Sodium: 795mg, Cholesterol: 91 mg.

From the Best of Clean Eating Cookbook

Topic of the Month Club (5 points) FOR YOUTH DEVELOPMENT

Learn even more about fitness, food and nutrition, exercise, disease, and safety. Take a quiz, play a game, or even check out the stress-o-meter at the Body and Mind website which is sponsored by the CDC (Center for Disease Control).

www.bam.gov

OR Learn more about Project ACES at
www.lensaunders.com/aces/aces

Monthly Event (15 points) FOR SOCIAL RESPONSIBILITY

Celebrate National Pet Month by doing something special for an animal you know. Take a dog for a walk or run, make a "pet treat", give your pet a bath, create a pet retreat in your house or make an obstacle course. Show an animal some love this month! If your parents wanted to help, you could even volunteer at a local pet shelter.

Directions:

Do the exercises listed on each day of the calendar either by yourself (1 point) or with a family member (2 points). Other exercises/sports/ programs may be substituted or added and written on that calendar day. Once this is completed, use a crayon to color that day or use a pen or pencil to circle that day. Make sure to mark it down if a family member joined you. Also, if you make the recipe of the month, participate in the activity of the month, or read/watch something on the topic of the month please take the time to circle this below the calendar. Then, just have your parent sign your calendar page and turn it in. That's it!

Parent: _____

**See other side for
more information.**

YMCA “Go Kids Go” Challenge

You are now officially enrolled in the Go Kids Go Challenge! What is this challenge you might ask? It is a program that hopes to motivate, excite, and educate our youth on healthy choices and healthy lifestyles while including our families along the way. Its purpose is to establish habits of exercise and healthy eating with a point based program that makes it fun. It is our hope that this will be a program that the kids can take ownership of while including family members for extra points.

Here is the program breakdown...

Fitness Homework – 1-2 points daily

Kids will receive a monthly fitness calendar with exercises to do each day of the month. (Ex. Ride your bike, play outside, 10 minutes of jump rope, etc.) Other extracurricular activities such as sport participation or other programs will count as an addition or substitute each day. One point will be awarded for daily activity. If even one family member joins the child a second point will be awarded.

For Healthy Living • Recipe of the Month – 5 points monthly

On the monthly fitness calendar kids will receive a healthy recipe of the month. If the recipe is tried by the family, the child will earn 5 points. The children must assist the adults in the shopping and preparation.

For Youth Development • Topic of the Month Club – 5 points monthly

A fitness or health related book, website, tv show, and/or video of the month will be chosen as a way to also earn points. If the child reads or watches the selection(s), or another relevant selection of their choosing, 5 points will be awarded.

For Social Responsibility • Monthly Activity: 15 points monthly

Participation in the chosen monthly activity will result in an extra 15 points each month. Details of these events will be sent out on the Go Kids Go calendar each month.

Throughout the challenge, participants will have the opportunity to be recognized for every point level or milestone reached.

Alright Kids, now that you have been informed are you up for the challenge? On your mark! Get set! Go!

GOOD LUCK!

Caring: to demonstrate a sincere concern for others, for their needs and well-being

Honesty: to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs

Respect: to treat others as I would want them to treat me, to value the worth of every person, including myself

Responsibility: to do what is right—what I ought to do, to be accountable for my choices of behavior and actions and my promises



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