

Theodore R. Kulongoski
Governor



December 2009

Dear School Administrators:

Once again I am inviting you and your students to participate in **Shape Up Across Oregon® 2010!** Now in its eleventh year, the **Shape Up Across Oregon** program will be launched in elementary and middle schools during the month of **April**.

Shape Up Across Oregon enhances existing curricula, promotes the kinds of activities recommended in the Surgeon General's report on Physical Activity, and offers teachers an easy to implement option if there is no formal physical education program in place. Studies show that physical activity paired with good nutrition helps prevent heart disease, obesity, boosts energy levels, and reduces health risks by improving mental and physical fitness. The **Shape Up Across Oregon** program rewards student participation and encourages families and friends to be physically active together.

Over 79,000 students across the state participated last year by tracking and "earning" miles for performing physical activities and I hope to see even more taking part this year. The 2010 program will take place from April 1st – April 30th, when participating students will aim to be physically active for 1350 minutes. For every 30 minutes of physical activity, participants earn approximately 18 miles. Upon reaching their goal of 800 miles, by symbolically following a trail across the length of Oregon, they will receive a Certificate of Completion, as well as become eligible to win a prize for their achievement.

I hope your school will join us in this program to support our youth in learning healthy habits in the area of physical fitness.

Registration begins on-line mid-January through February. If you have additional questions or comments, please call the **Shape Up Across Oregon** office at (503) 245-2102 or visit the website: shapeupacrossoregon.org.

Sincerely,

THEODORE R. KULONGOSKI
Governor

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