

WELLNESS PROCEDURE 5 – FAMILY FITNESS

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3 While the school district provides physical activities and education, total fitness must be
4 incorporated in all outside activities and become a lifestyle habit. The school district encourages
5 family involvement in all aspects of physical activity. The students are out of school over half of
6 the year and the need to continue strenuous physical activity during this time is important to
7 establish fitness as routine in the family activities.

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9 An excellent way to establish a fitness routine is to plan activities for each season. Outdoor
10 activities can be planned year round in this part of Idaho, walks, hiking, swimming, skiing, etc.
11 The school district partners with Mountain Home Parks and Recreation to provide dozens of indoor
12 activities for students and/or their families during the year. ~~Sometimes the unusual is an incentive~~
13 ~~to exercise. Perhaps swimming in a local hot springs in February or tubing down a north slope in~~
14 ~~the mountain in June would add variety and diversity to the family fitness program.~~ The school
15 district encourages the family to sit with the student and discuss what they have learned about
16 exercise and fitness in the district and how that information could be incorporated into a fitness
17 program for the entire family. ~~Prepare a fitness wish list of what everyone would like to do or try~~
18 ~~to incorporate these into a fitness plan for the next 12 months.~~ Get specific about what, when, and
19 where these activities will take place and then check them off as they occur.

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21 There are several websites that can provide information about fitness:

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- 23 1. www.webmd.com/fitness-exercise discusses physical fitness, nutrition, and exercise
- 24 2. www.sparkpeople.com offers fitness awareness, exercise programs and offers suggestions
25 for various levels of exercise
- 26 3. www.fitness.gov is the website of the President’s Council of Physical Fitness and discusses
27 how Americans of all ages can be physically active
- 28 4. www.fitness.com offers fitness exercises

29 5. www.usda/fitness/fitness-and-sports-nutrition offers comprehensive fitness and nutrition
30 information

31 6. www.americanheartassoc/activities/kids gives suggestions for healthy activities for all
32 children

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34 To find other sites, search for fitness on the web and you will get hundreds of sites to review.

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38 **ADOPTED:** March 17, 2009

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