







































Coulee Region Walk Around the World Challenge

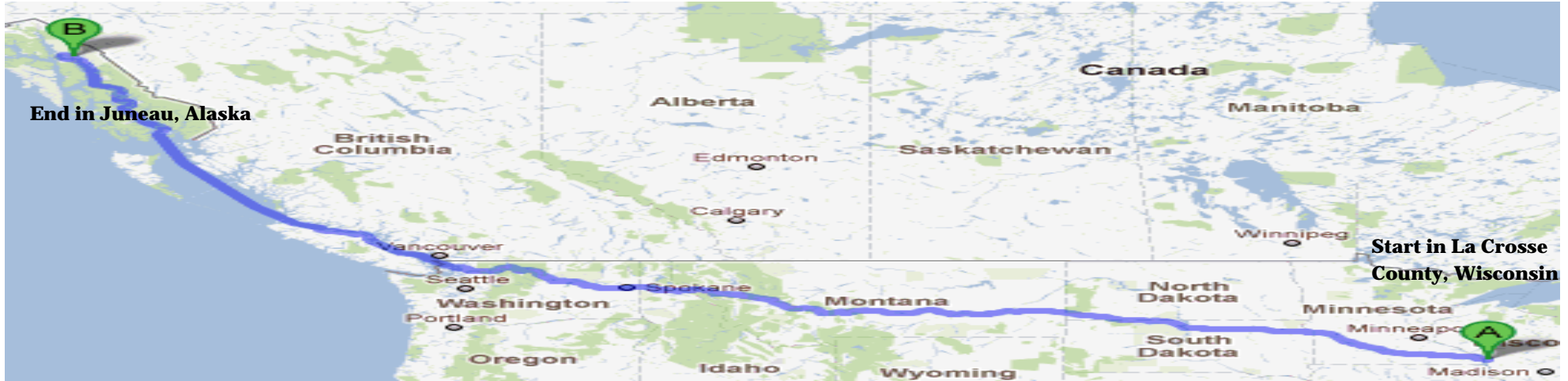


February 6th-March 2nd, 2012

Travel to Juneau, Alaska this winter! Each day you try at least one activity from the chart below you will earn 140 miles. Try something every day and you will earn enough miles to “walk” from La Crosse County, WI to Juneau, Alaska, approximately 2,800 miles! Place an X in the box after you try an activity.

Take 10 minutes to build a snow family or play in the snow. 	Stretch your arms and legs for 2 minutes each. 	Snow shoe or walk around the playground for 5 minutes.	Eat a vegetable with lunch. 	Do 5 push-ups. Rest. Repeat. 	Free Space Choose your own activity for 5 minutes.	Spell out the ABC's with your body. 	Have fruit for breakfast or snack. 	Run in place for 2 minutes. Rest. Repeat. 	Climb the stairs for 3 minutes. Rest. Repeat. No stairs? Pretend! 
Dance to your favorite music for 5 minutes. 	Try bowling. 	Eat a vegetable with lunch or snack. 	Free Space Choose your own activity for 5 minutes.	Play Follow the Leader. 	Jump in and out of a Hula Hoop or circle 25 times. Rest. Repeat.	Use a piece of string on the floor to practice walking on a tight rope for 3 minutes. Repeat. 	Play in the snow for 5 minutes. 	Lay on your back and pretend to ride a bike for 2 min. Rest. Repeat.	Imitate 10 different animals and how they walk. 
Do 25 Jumping Jacks. Rest. Repeat. 	Take 10 minutes to build a snow fort, cave, or igloo. 	Eat fruit with breakfast or for a snack. 	Do 5 sit-up's. Rest. Repeat. 	Bundle up for a 5 minute walk. 	Lay on your belly and pretend to swim for 2 minutes. Rest. Repeat.	Walk backwards for 3 minutes. Reverse. Repeat. 	Roll like a log for 2 minutes. Rest. Repeat. 	March like you are in a parade for 3 minutes. Rest. Repeat.	Play Duck, Duck, Goose for 5 minutes. 
Free Space Choose your own activity for 5 minutes.	Drink a glass of low-fat milk with breakfast or lunch. 	Free Space Choose your own activity for 5 minutes..	Eat a fruit with lunch. 	Do the Chicken Dance. 	Free Space Choose your own activity for 10 minutes.	Hop on your right leg for 2 minutes. Switch legs. Rest. Repeat on both legs.	Bend and touch your toes 10 times. Rest. Repeat. 	Eat a food made with whole grains. 	Go for a winter hike or walk for 5 minutes. 
Play one of the Toddler Games found on the website.	Free Space Choose your own activity for 5 minutes.	Play TWISTER for 5 minutes. 	Balance on each leg for 1 min. Rest. Repeat on both legs. 	Play in the snow for 5 minutes. 	Do the Hokey Pokey. 	Free Space Choose your own activity for 5 minutes.	Drink a glass of water with your meal. 	Put a yard stick on the floor and jump over it 25 times. Rest. Repeat. 	Play musical chairs for 5 minutes. 

To keep your body healthy, aim for 60 minutes of physical activity a day. Check out www.mypyramid.gov for age specific dietary recommendations.



Classrooms that participate everyday will be put in a drawing for a \$50 gift card to purchase classroom supplies .

Turn your logs in by **March 9th** be entered in the drawing.

Mail to:
Virginia Loehr
La Crosse County Health Dept.
300 North 4th Street
La Crosse, WI 54601

Teacher Name: _____

School: _____ **Grade level:** _____

Please give us feedback by answering the following questions. Circle your answer.

1. Do you feel this activity helped you/your students incorporate physical activity and healthy eating into your daily routine?

Yes _____ No _____

2. Please share any ideas you have for improving this challenge.

3. Do you have any activities you'd like added to the log?
