



The 2014 Total Fitness Challenge

“Move your
body, stretch
your mind”

**Sponsored by
Assemblyman Michael J. Cusick
cusickm@assembly.state.ny.us**

**Sign in using our website
www.totalfitnesschallenge.org**



Assemblyman

Michael J. Cusick

Dear Neighbor,

Young children should not use summer vacation as an excuse to be inactive both physically and mentally. Studies have shown that children who continue to read during the summer

perform better academically in the fall. It is also important for children to be physically active as part of a healthy lifestyle. To encourage children to exercise both their mind and body during the summer months, I have established the 2014 Total Fitness Challenge.

The Total Fitness Challenge is open to all students from kindergarten through eighth grade. Each child must read at least 30 minutes every day, and perform as many physical activities as they want. The different physical activities are assigned varying point values, which count toward each student's total score. A Total Fitness medal will be awarded to the 1st, 2nd and 3rd place top scorers from each grade among the island-wide entries. A trophy will be given to the school having the most points and participants in the challenge.

Mark the enclosed calendar for each day in July and August that you and your child read together and exercise. If the child reads each day for 30 minutes, he or she will check that day. For each day the child exercises, they will mark the coordinating letter(s) for the activity or activities performed from the list. We also ask that parents initial each day's entry and total up all points for activities done. At the end of the summer, the completed calendars should be returned to my district office at 1911 Richmond Avenue, Staten Island, NY 10314. I will provide each participant with a *Total Fitness Challenge Certificate*.

We are now partnering with local organizations to provide a whole fitness program encompassing the mind and the body! Check out these local groups for special promotions for participants throughout the summer. The YMCA has the *Strong Kids* program, the JCC the *Physical Activity Club* for youths on Staten Island. When signing up or purchasing books, please bring a copy of your *Total Fitness* brochure.

Don't forget, another good source for reading materials is your local public library. I've also listed a series of physical activities as suggestions for your child to perform. If you prefer to use the internet to log your Total Fitness Challenge information we have just created a new website www.totalfitnesschallenge.org, sign -up and login your information!

Thank you and have fun!

Sincerely,

Michael J. Cusick
Member of Assembly



.....
*Child's Name

.....
*School

.....
*Grade as of September 2014

.....
*Parent or Guardian Name (First Last)

.....
*Address 1

.....
*Address 2

.....
*Phone/E-mail

.....
*Number of Days of Reading / # of Days Exercise

.....
*Total # of Points from Exercise

.....
*Please have Parent/Guardian Sign
(Must be signed to be eligible for medal)

**To receive your certificate and be eligible for a medal,
please have your parents complete the above form
and send it with the attached calendar to:**

**Assemblyman Michael J. Cusick
1911 Richmond Avenue
Staten Island, NY 10314
(718) 370-1384
cusickm@assembly.state.ny.us**

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www.totalfitnesschallenge.org**

Check out our website www.totalfitnesschallenge.org for free activities

Assemblyman Michael J. Cusick

2014 Total Fitness Challenge

"We pledge to read together for at least 30 minutes each day and exercise during the months of July and August. For each day we read together we will mark the attached calendar with a checkmark (✓). For each day we exercise together we will mark the corresponding letter in that day's box. I will also have my parent initial each day that reading and exercise are done."

Check website for Free Bonus Activity Days this Summer!

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Check website for Free Bonus Activity Days this Summer!

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

When you have marked 40 days of reading and exercise on this calendar, you have earned a Total Fitness Challenge Certificate. Fill out the back of this brochure and return it to Assemblyman Michael J. Cusick.

We are now partnering with local organizations to provide a whole fitness program encompassing the mind and the body! Please contact these local groups for special promotions for participants throughout the summer. When you sign up, just bring your Total Fitness Challenge brochure to be eligible for these great opportunities.



651 Broadway, Staten Island, NY 10310 • 718-981-4933
3939 Richmond Ave., Staten Island, NY 10312 • 718-227-3200



1466 Manor Rd. Staten Island, NY 10306 • 718-475-5210

2014 Total Fitness Challenge

Subject Headings (authors & grade levels in parentheses)

Adventure

The Cay (Taylor; 4 - 6)
 The Dark Thirty: Southern Tales of the Supernatural (McKissack; 4 - 6)
 Hatchet (Paulsen; 4 - 6)
 Shiloh (Naylor; 4 - 6)
 Snow Treasure (McSwigan; 3 - 6)
 Stone Fox (Gardiner; 3 - 6)
 Trouble River (Byars; 3 - 6)

Fantasy & Mystery

Marvin Redpost: A Flying Birthday Cake? (Sachar; 3 - 4)
 The BFG (Dahl; 4 - 5)
 The Book of Three (Alexander; 4 - 5)
 The Borrowers (Norton; 4 - 6)
 The Cricket in Times Square (Selden; 3 - 6)
 The Dark is Rising (Cooper; 3 - 6)
 The Giver (Lowry; 3 - 6)
 Harry Potter and the Sorcerer's Stone (Rowling; 3 - 6)
 The Indian in the Cupboard (Banks; 4 - 5)
 James and the Giant Peach (Dahl; 4 - 5)
 Jeremy Thatcher, Dragon Hatcher (Coville; 3 - 5)
 The Littles (Peterson; 3 - 4)
 Mrs. Frisby and the Rats of NIMH (O'Brien; 4 - 5)
 The Phantom Tollbooth (Juster; 3 - 6)
 Stuart Little (White; 4 - 5)
 Tom's Midnight Garden (Pearce; 5 - 6)
 The Secret Garden (Burnett; 3 - 6)
 The Wish Giver (Brittain; 4 - 5)
 A Wrinkle in Time (L'Engle; 4 - 6)

Friendship

Afternoon of the Elves (Lisle; 5 - 6)
 Babe – The Gallant Pig (King-Smith; 3 - 6)
 Best Friend Insurance (Gormley; 3 - 4)
 Bridge to Terabithia (Paterson; 5 - 6)
 Crow Boy (Yashima; 3 - 5)
 Cute is a Four-Letter Word (Pevsner; 4 - 5)
 The Cybil War (Byars; 4 - 5)
 Dear Mr. Henshaw (Cleary; 4 - 6)
 In the Year of the Boar and Jackie Robinson (Lord; 3 - 5)
 Law of Gravity (Hurwitz; 4 - 6)
 Nothing's Fair in Fifth Grade (DeClements; 4 - 5)
 Number the Stars (Lowry; 4 - 6)
 On My Honor (Bauer; 4 - 6)
 Pickle Puss (Giff; 3 - 4)
 The Pinballs (Byars; 4 - 5)
 Stay Away From Simon (Carrick; 4 - 6)
 Tales of a Fourth Grade Nothing (Blume; 3 - 5)

Humor

Aliens for Breakfast (Etra; 3 - 6)
 Anastasia Krupnik (Lowry; 3 - 6)
 Bunnica: A Rabbit-Tale of Mystery (Howe; 3 - 6)
 Chocolate Fever (Smith; 2 - 4)
 Fat Men From Space (Pinkwater; 3 - 4)
 The Fortune Tellers (Alexander; 2 - 3)
 The Goof that Won the Pennant (Kalb; 2 - 3)
 Homer Price (McCloskey; 4 - 5)
 How to Eat Fried Worms (Rockwell; 4 - 6)
 Isabelle Shows Her Stuff (Greene; 4 - 5)
 Jelly Belly (Smith; 3 - 4)

Kevin Corbett Eats Flies (Hermes; 4 - 5)
 Owls in the Family (Mowat; 3 - 4)
 Ramona Quimby, Age 8 (Cleary; 3 - 4)
 The Ransom of Red Chief (O. Henry; 5 - 6)
 Yours Till Niagara Falls, Abby (O'Connor; 4 - 6)

Historical

Behind Rebel Lines: The Incredible Story of Emma Edmonds, Civil War Spy (Reit; 3 - 6)
 Bound for Oregon (Van Leeuwen; 3 - 6)
 Caddie Woodlawn (Brink; 4 - 6)
 The Door in the Wall (de Angeli; 3 - 6)
 Johnny Tremain (Forbes; 3 - 6)
 Little House in the Big Woods (Wilder; 3 - 6)
 Sarah, Plain and Tall (MacLachlan; 3 - 6)
 My Sister's Keeper (Butler; 3 - 6)

Poetry

Dragons, Dragons (Carle)
 For Laughing Out Loud: Poems To Tickle Your Funnybone (Prelutsky)
 Mice are Nice (Larrick)
 Something Big Has Been Here (Prelutsky)

Sports

Me, Mop and the Moonance Kid (Myers; 4 - 6)
 Baseball Fever (Hurwitz; 3 - 5)
 Guinness Sports Record Book (4 - 6)
 Hang Tough, Paul Mather (Slote; 4 - 5)
 No Arm in Left Field (Christopher; 4 - 6)
 S.O.R. Losers (Avi; 4 - 6)
 The Meat in the Sandwich (Bach; 3 - 4)
 The Trading Game (Slote; 4 - 6)

Special thanks goes to the NYS Education Department's Division of Library Development and librarians across the state for their help.

Let's Get Fit Together

Step 1: Move off the couch!

According to 2005 statistics compiled by the Youth Risk Behavior Surveillance System, which is part of the Centers for Disease Control, 37 percent of New York State youth self-reported that they did not participate in vigorous physical activity in three or more days out of seven. Further, 78 percent of New York State youth self-reported that they did not participate in moderate physical activity in five or more days out of seven. And almost 85 percent of New York State youth self-reported they did not have daily physical education. Studies also show preschool and childhood obesity is rising. Additional reports state that most overweight children have at least one major physiological risk factor, besides being overweight, and they are likely to have abnormally thick heart muscle tissues as adults, which increases the risk of heart attack and heart failure.

Step 2: Take action!

Getting active can help reduce these risks and we've listed some ideas for getting fit:

K - 8th Grade

A. Swingset/Playground	5 points	K. Dancing	10 points
B. Gardening (with parent)	5 points	L. Swimming	10 points
C. Walk around the block (with parent)	5 points	M. Karate	10 points
D. Make a sandcastle	5 points	N. Miniature golf	5 points
E. 25 jumping jacks	5 points	O. Bowling	5 points
F. Bike riding/Skateboarding/Scootering	10 points	P. Walking	5 points
G. Soccer/Football/Baseball/ Basketball/Hockey/Softball/Tennis	10 points	Q. Jogging/Running (for 10 minutes)	10 points
H. Jump rope	10 points	R. Shoot 25 foul shots	10 points
I. Hopscotch	10 points	S. 25 push-ups or 25 sit-ups or 25 curl-ups	10 points
J. Tag/Manhunt	10 points	T. Rollerblading/rollerskating	10 points
		U. Miscellaneous _____	5 points

Check out our website www.totalfitnesschallenge.org for free activities
 Log in your points daily at www.totalfitnesschallenge.org