



# ACES

All Children Exercising Simultaneously

## RESOURCE MANUAL



Maine Governor's Council on Physical Activity  
11 Parkwood Drive  
Augusta, Maine 04330  
207-622-7566, ext. 230  
info@maineinmotion.org ~ [www.maineinmotion.org](http://www.maineinmotion.org)





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STATE OF MAINE  
**GOVERNOR'S COUNCIL ON PHYSICAL ACTIVITY**  
11 PARKWOOD DRIVE  
AUGUSTA, MAINE 04330



[www.maineinmotion.org](http://www.maineinmotion.org)

To: All ACES Participating Schools and Organizations

The Maine Governor's Council on Physical Activity would like to thank you and your school for participating in project ACES. This event highlights the benefits of being physically active for kids of all ages and strongly encourages it as a lifelong fun habit that is both fun and rewarding.

As you may be well aware, obesity is on the rise in Maine, especially among our youth. ACES is designed to stress the importance of physical activity in everyone's daily life, and being physically active can help those who are overweight reach a healthy weight. Physical Education classes were once a daily occurrence, but due to increased academic requirements have been cut back dramatically. ACES is one way to promote physical activity and can be expanded to use more than once a year.

We hope you find the information in this manual helpful in promoting ACES in your school and community. Let's make sure our kids have the chance to stay on the move and be active their way everyday.

Sincerely,

Joan Benoit Samuelson  
Co-Chair

Erik Steele, DO  
Co-Chair



## Table of Contents

History.....	1
The Case for Physical Activity .....	2
Planning and Program Suggestions .....	4
Promotional Materials.....	13
Nutrition and Physical Activity .....	31
Materials for your Students .....	33
ACES Can Be More Than Once a Year .....	41
Nutrition and Physical Activity Resources.....	44
Participating Maine Schools .....	49
Participation Numbers Since 1997.....	61

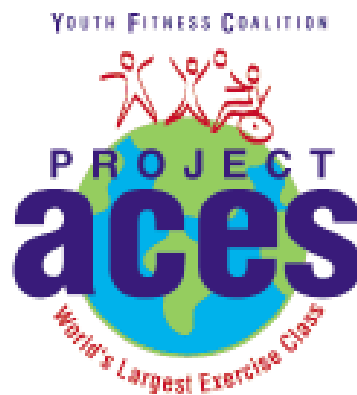
# History



## History

Project ACES was started in 1989 by Physical Education Teacher Len Saunders of New Jersey. Len wanted to get one school in every state to exercise at the same time on a specific day in May to motivate his physical education classes to exercise. Len began a letter writing campaign to schools throughout the United States to see if they wanted to join in this massive exercise event. Everyone who received his letter thought it was a great idea, and of course, wanted to be part of it. The first year of ACES was a huge success with children from 1,200 schools participating in all 50 states and the island of St. Croix. Len just figured he would organize this program in 1989, and that would be the end of it. Little did he know that ACES would eventually turn into a worldwide event. Within months of completing ACES 1989, Len started receiving mail for the 1990 ACES event, which at the time did not even exist! The rest is history! The program is growing each year and now includes over 50 countries. For more information about Project ACES, go to <http://lensaunders.com/aces/aces.html>.

The Maine Governor's Council on Physical Activity has been promoting ACES in Maine since 1997. For more information about Project ACES in Maine, go to [www.mainephysicalactivity.org](http://www.mainephysicalactivity.org).



# The Case for Physical Activity



## The Case for Physical Activity

We see it on the news, hear about it on the radio, and read about it in the papers -- the United States is becoming a country filled with overweight and obese people. Overweight and obesity and their associated health problems have substantial economic consequences for the U.S. health care system. In 2000, the total cost of obesity was estimated to be \$117 billion (\$61 billion direct and \$56 billion indirect).

Overweight and obesity can be prevented -- and physical activity can play a substantial role in bringing this epidemic under control.

And what better place to start than with our children. Children can learn that physical activity can be a lifelong habit that is both fun and rewarding. Physical activity has been identified as one of our nation's leading health indicators in "Healthy People 2010," the national objectives for the decade. Enhancing efforts to promote participation in physical activity and sports among young people is a critical priority.

The benefits of regular physical activity include:

- ★ building strong bones and strengthening muscles
- ★ maintaining flexibility
- ★ achieving a healthy weight
- ★ promoting good posture and balance
- ★ improving fitness
- ★ strengthening the heart
- ★ improving self-esteem
- ★ increasing relaxation
- ★ enhancing healthy growth and development.

And, intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior. Academic achievement improves even when physical education reduces the time spent on academics.

Participation in physical activity and sports can promote social well-being, as well as physical and mental health, among young people. Research has shown that students who participate in interscholastic sports are less likely to be regular and heavy smokers or use drugs, are more likely to stay in school, have good conduct and high academic achievement.

“Physical Activity and Health: A Report of the Surgeon General” is an overview of research related to physical activity and health. The report summarizes the benefits of physical activity including reinforcing the importance of promoting physical activity. Since many children and adolescents are at risk for health problems because of inactive lifestyles, the report emphasizes that everyone should participate in a moderate amount of physical activity on most, if not all, days of the week.

#### References:

“Fact Sheet: Nutrition, Physical Activity and Achievement,” Action for Healthy Kids (downloaded July 2003) - [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

“Promoting Better Health for Young People Through Physical Activity and Sports -- A Report to the President from the Secretary of Health & Human Services & the Secretary of Education.” Fall 2000.

“Physical Activity and Health: A Report of the Surgeon General.” (1997) Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Mail Stop K-46, 4770 Buford Highway NE, Atlanta, GA 30341-3717. <http://www.cdc.gov/nccdphp/sgr/sgr.htm>.

“Healthy People 2010.” Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 738-G, Washington, DC 20201. [www.healthypeople.gov/](http://www.healthypeople.gov/)

# **Planning and Program Suggestions**



## Planning and Program Suggestions to Make Being Active Fun!

**Welcome** to ACES (All Children Exercising Simultaneously). Each year the Maine Governor’s Council on Physical Activity sponsors this program to educate children about the importance of lifelong fitness. Benefits of being more physically active include feeling better, increased energy level and alertness, increased calories burned, reduced risk of heart disease and stroke, reduced risk of diabetes and cancer, lower blood pressure and cholesterol, and improved balance and coordination. Being physically active has also been shown to improve self-esteem and confidence.

Since many new schools join in the celebration every year, we have developed this section to provide you with ideas to use for your ACES celebration; all of these ideas come from schools in Maine. **We rely on schools to use the participation form (please see insert in back of manual) to tell us what worked at their celebrations and how many people have participated. So, please help make ACES a success by sending us your ACES form with your feedback.** This form is also available on our website at [www.maineinmotion.org/aces.asp](http://www.maineinmotion.org/aces.asp). This online participation form can be submitted directly to us via the Internet.

### Start with a Plan

Your plan for an ACES celebration can be as simple as leading everyone on a walk around the school grounds. The more fun you make it and the more time you commit to it, the greater the impact will be on the kids. To help plan ACES day, this manual includes some suggestions. If you have some ideas you would like to share, please include them on the participation form. Don’t forget to include people/kids with disabilities in planning your event.



### Marketing

There are lots of things you can do to promote ACES, both at your school and around the community. The “Publicity and Promotion” section of this manual has lots of good ideas to help publicize the event in your community, but here are a few ideas to try in your building.

1. Remind the students about ACES during every physical education class in the days leading up to the event.

2. Ask classroom teachers to provide frequent reminders about ACES.
3. Put information about ACES in your school newsletter and/or send information home to the parents asking them to participate too. Sample articles are provided in the “Promotional Materials” section.
4. Have ACES announced over the intercom by a student in the days leading up to the event.

### **Who to Invite**

The more the merrier. Why not invite parents, grandparents, or local celebrities in your community to help you celebrate ACES. These individuals can help plan and demonstrate activities at your facility or serve as role models to show that physical activity is for all ages. And, why not invite the media to cover the event and join in on the fun.

### **Nutrition’s Role**

This section can help you incorporate nutrition into your ACES day celebration. Nutrition is an important part of good health and goes hand-in-hand with physical activity. Be sure to involve your food service personnel in the planning. A healthy snack and drink at the end of your ACES celebration will be welcomed by your students and staff.

### **Program Ideas**

Have the principal, teachers, staff, or community members (parents, grandparents, etc.) lead the activities. If you can bring music out to the playground or to the gym, consider these suggestions:

☺ Use fun songs that all the kids know:

- ◆ YMCA
- ◆ The Chicken Dance
- ◆ The Macarena
- ◆ The Twist
- ◆ The Bunny Hop



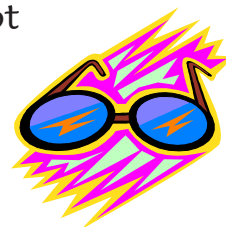
☺ Play oldies or the kids’ current favorites. Set up stations and have a different physical activity at each station. These stations can be led by teachers or parents or even students. Each classroom teacher accompanies his/her students and when the music stops, they move to the next station.

☺ Get a local radio station to broadcast live at your school. Then have the other schools tune in and participate along with the school that’s “live.”

### **Try Using a Theme**

For those of you who may have participated in ACES before, why not put a different twist to it each year. Try a theme for the day, such as:

☺ Beach Party -- Encourage everyone to wear sun glasses and bring a beach towel that can be used on the playground for exercises or activities that require them to sit on the ground.



- ☺ Think Pink -- Use a Pink Panther theme with pink clothing and sunglasses. Play the Pink Panther theme song for your opening music.
- ☺ Country Western Roundup -- Invite some line dance teachers to help the kids with some basic steps.
- ☺ School Colors Day -- Wear school colors and invite the high school cheerleaders, athletes and marching band members to take part.
- ☺ Martial Arts -- Bring in some local instructors in various forms of martial arts and introduce the kids to something they may not have tried before.



### **Other Ideas**

If you don't have a playground big enough for these activities, consider taking your school on a walk through the local neighborhood. Ask the police to provide an escort and make sure you have enough adults to walk with the kids.

### **In Case of Rain**

Have an alternate plan ready in case of inclement weather. Students could go to the gym and/or cafeteria and exercise together. Or play music through your PA system to each classroom and have each teacher lead their students in a physical activity. ACES can also be done on an alternate day when the sun is shining; the important idea is to demonstrate that physical activity can be fun and is important for a healthy life.



### **Ideas from Other Schools**

The following pages include ideas from schools in Maine who have participated in ACES. Remember, activities can be as simple as a walk around the school grounds or as elaborate as a week-long celebration.



## ACES Celebration Suggestions

Below is a list of activities that have been used in schools in Maine for ACES events. The possibilities are endless. Walking, by far, seems to be the most popular activity for ACES day, but check out these other fun and easy to do activities. They are organized into categories for easy use.

All of these activities align with the State of Maine Learning Results and fall into the following categories (the full definition of these codes are listed at the end of this section): Physical Education: A. Physical Fitness -- PreK-2 -- A1; Grades 3-4 -- A4; Grades 5-8 -- A2; High School -- A2. Physical Education: C. Personal and Social Interactions -- PreK-8 -- C2.

### Tag Games

- ☺ Walk-tag activity.
- ☺ Choices of “blob tag” and “rooster and chickens” tag.
- ☺ Everyone Is It Team Tag.
- ☺ Children go outside and are taught how to play “British Bulldog,” a childhood football/tag game which involves running, lifting, and strategy.



### Walk/Jog/Run

- ☺ Brisk walking, jogging, jump roping.
- ☺ Children pair up and walk around the gym for 30 minutes while listening to music.
- ☺ The entire school parades around the building, up and down the stairs; classrooms also do individual exercises.
- ☺ The students are organized into small groups and group leaders walk their groups around the school grounds and meet back at the starting point where they finish up with leader exercises.



- ☺ Walking around the playground.
- ☺ As an entire school, walk/jog around the perimeter of the school then go into the gym for aerobics, cool down, and stretching.
- ☺ Turn the hallway, gym, and lunch room into a walking course.
- ☺ Walk-to-School Day - ACES Day can begin with the entire student body being invited to walk to school. Planning meetings were held with school staff, school health coordinator, school principal, and town police chief. Informational flyers and safety tips for walking were sent home to parents prior to the event. Two students also took part in a local radio advertising spot to inform community members. The police offered assistance with traffic flow, students carried signs made by the After-School Program students, and students who didn't live in the neighborhood were dropped off by parents at an empty field about ½ mile from the school.
- ☺ Three mile run for 30 students with a police escort to the high school; half-mile walk for all other students.
- ☺ Walk around community with litter clean-up volunteers.
- ☺ As an entire school walk around the building then form a huge circle and do jumping jacks and talk about the importance of ACES/regular physical activity.
- ☺ Have the entire school participate in a warm up, run, cool down - all to music.
- ☺ Have fifth grade students lead the school in stretches for the first five minutes. For the next 10 minutes pairs of 5<sup>th</sup> graders lead students around the campus in follow-the-leader style.
- ☺ Students walk around the playground, which had been previously measured and found to be 1/10 of a mile long. Each student receives a straw each time he/she completes one lap. After one complete mile, each student earns a rubber ball. More exercise occurs as children play with their new toys. Students who walk two or more miles earn water bottles.



## **Dance**

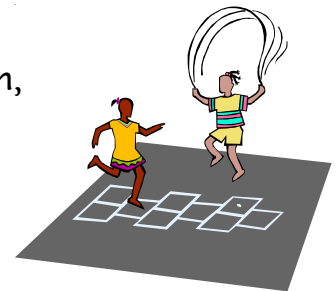
- ☺ Aerobics with fitness instructor.
- ☺ Dance to YMCA, Chicken Dance, Hokey Pokey, Celebration, or Contra Dance.

- ☺ Invite a hip hop dance troupe to come and teach dance to the kids and then have them give a performance.
- ☺ Invite a local DJ to come and have the entire school go outside to the playing field and move to music. Also lead low key aerobics, and do the YMCA song and the Macarena.
- ☺ Have two aerobic instructors (who are also moms to children at our school) lead a thirty minute aerobics class.
- ☺ Do the Virginia Reel, The Twist, the YMCA.



## Stations

- ☺ Ten different stations are set up for the students and staff to work through outside in the fresh air. A fifth grade class runs each station. Stations include jump ropes, ball skills, balloons, bean bags, dance, base running, hula hoops, etc.
- ☺ Egg race, tug-o-war, sack race, three-legged race, balloon toss, bike race, kick boxing demo by fitness director.
- ☺ Jump ropes, hula hoops, ball passing, follow-the-leader (around the playground), and hopscotch (5 consecutive mats). Everyone is moving.
- ☺ Basketball, jump rope, four square, tag, throwing and catching, animal actions, various exercises, soccer, and dancing.
- ☺ Long jump rope, tetherball, roll and jump, toss and catch, horseshoes, kickball game, badminton.
- ☺ Walking, jogging, jump rope, hula hoops, unicycling, juggling, play ground obstacle course, parachute activities.
- ☺ Kick ball, 100 and 200 M dash, and standing broad jump.
- ☺ Five centers are set up outside around the school building. Students are divided into groups and asked to hop backwards as they move from center to center. Centers consist of hula hoops, Simon Says, cartwheels, jumping jacks, throwing Frisbees.
- ☺ Follow the leader, basketball games, calisthenics.
- ☺ Station work: 1) Basic run, 2) hula hoops, 3) jump ropes, 4) paddle work, 5) locomotor movement, 6) obstacle course, 7) dribbling skills, 8) May Day dance.



- ☺ Three stations per grade level covering cardiorespiratory, strength and stretch, and muscular endurance. One of the three stations is related to fitness to music. For the 3-6 graders one station is sports related - basketball, hockey, soccer, tennis. Other stations for the whole school include shadow boxing, kick boxing, dynabands, steppers, aerobic dance, line dance, lummi sticks, rhythm drum.



## Exercises

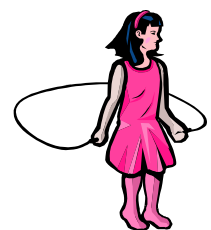
- ☺ The school gathers outside and makes a large circle. Teachers lead students in stretching and exercises. Teachers discuss the importance of exercise.
- ☺ Toe touches, jumping jacks, jump rope, jog/walk, 20 minute “power walk” around school environment.
- ☺ Exercises to support letter X (toe touches, jumping jacks, cross toe touches, leg lifts, leg kicks); aerobics using water bottle weights; stretching, running in place, playground activities, a dance party.
- ☺ Each class leads the group in a 3-5 minute activity: “Whitney’s Warm Ups”; Head, Shoulders, Knees & Toes; BC Crossover; Bear Hunt; Simon Says; Running in Place; Yoga; Chicken Dance.
- ☺ A physical fitness workout to music - 1 ½ hours in length - everything from dance, rope jumping, exercises, running, skipping, jumping, etc. All organized patterns and formations.



- ☺ Group exercise to music including small equipment (hoops).
- ☺ Fitness Trail for school to walk. Each station has different exercises/ activities to perform.
- ☺ Each teacher leads a different exercise for the whole school that is standing in a circle.

## Other

- ☺ Jump roping activities.
- ☺ Relays, running, dancing with instruments, obstacle course.
- ☺ Kite flying, playing basketball and tennis.



- ☺ Frisbee, whiffle ball.
- ☺ “Simon Says” stretching activities.
- ☺ In-line skating, scooters, skateboard, walking, jogging, jump rope, hoops.
- ☺ Jog around the building, play “rattlesnake,” hula-hoops, jump ropes. PTO supplies apples for everyone to eat after exercise.
- ☺ Each teacher is asked to do what they want in their own classroom.
- ☺ We will be participating in a variety of locomotor skills that will take us around the building as often as possible in the time provided. There will be signs that direct everyone as to how to move around the building. Each time you come to a new sign, you need to use the locomotor that is on the sign. The skills are sliding (shuffling), galloping, skipping, walking, grapevining, and marching. If there are students who choose simply to walk that is fine, at least they are moving.
- ☺ Schoolwide Sneaker Hunt: Students are organized in teams: 5-1; 2-4; 3-K and PreK are the cheerleaders. Each child takes off one sneaker and the teachers collect them and pile them in five separate piles. On the count of three, the children hop on one foot until they find their sneaker. Once they find their sneaker, they put it back on and then they continue to help their teammates, but they have to skip.
- ☺ Kickboxing, yoga, tai chi, kempo karate, hip hop dance, running, walking, American modern jazz dance.
- ☺ Walking laps, Tae-Bo videos, Richard Simmons’ videos, dancing, basketball, football, and baseball. These activities fit in nicely with our Health Week activities. Announcements are made before the event to remind all students and staff to join in. Each classroom plans ahead how they are going to exercise and everyone is ready!



# State of Maine Learning Results Definitions

## Physical Education

A. Physical Fitness: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.

### Grades PreK-2:

1. Identify the physical changes that accompany moderate to vigorous activity (e.g., sweating, increased heart rate, heavy breathing).

### Grades 3-4:

4. Participate in physical activity for the purpose of improving health-related fitness.

### Grades 5-8:

2. Participate in and distinguish among a variety of health-related fitness activities.

### High School:

2. Participate in a variety of health-enhancing physical activities.

C. Personal and Social Interactions: The student will demonstrate responsible personal and social behaviors in physical activity settings.

### Grades PreK-2:

2. Demonstrate cooperative skills (following rules, taking turns, sharing equipment, etc.) while participating in physical activities.

### Grades 3-4:

2. Follow activity-specific rules, procedures, and etiquette.

### Grades 5-8:

2. Participate safely and cooperatively with others to achieve group goals in competitive and cooperative physical activities.

# Promotional Materials



## Promotional Materials

ACES promotional materials in this section include the following:

- ☺ Press Release Suggestions
- ☺ Sample Press Release -- to be adapted for use by your school
- ☺ Sample articles for school newsletter or to send home with students
- ☺ Suggestions of Who to Invite -- look over this list to find potential guests who would add to your event
- ☺ Sample Invitation to Parents
- ☺ ACES Poster (tucked into the back of this manual) -- use as is or enlarge



## Press Release Suggestions

In this section there is a sample press release for you to use to notify the local media of ACES. This is a great opportunity to get your school and your physical education program recognized statewide and within your community. The Maine Governor's Council on Physical Activity sends press releases to all major daily and weekly newspapers in the state two weeks prior to the event. However, a press release received directly from a local participating school may be more likely to get published.

Here are a few steps to follow when using the sample release:

1. The press release can be personalized with your school and necessary information. This is also the time to add any additional material you feel is important.
2. Before sending the press release, call the newspaper, television station, or radio station and ask them who covers local school events. Address the release to that person. A list of daily and weekly newspapers, as well as television and radio stations are listed at the end of this section for your use.
3. After sending the information, it helps to make a follow-up call to make sure they received it and answer any questions they may have.
4. If the media decides to cover your event, have someone meet them when they arrive at your school.
5. If you get media coverage, we would love to have a copy.

If you have any questions about the press release, please call the Maine Governor's Council on Physical Activity at 207-622-7566, ext. 230

# Sample Press Release to be Adapted for Your School

(to be printed on School Letterhead, include the current date and a contact person with a phone number.)

FOR IMMEDIATE RELEASE

## Maine Schools Participate in Worldwide ACES Day Celebration

*(Your school name here)* will be joining other schools in Maine and around the world in an international event to promote physical activity on May *(insert date)* at 10:00 a.m.

ACES (All Children Exercising Simultaneously) is a one-day youth exercise program with the goal of educating children about the importance of lifelong fitness and its impact on health throughout the lifespan. Physical inactivity is a growing concern for all children in Maine and around the world. While once our children went outside to play, more and more you find them either sitting in front of the television or playing computer or video games. Obesity, which can be directly linked to physical inactivity, has risen dramatically in Maine's children. ACES helps demonstrate that physical activity can be fun and easy to do.

ACES is sponsored by the Maine Governor's Council on Physical Activity.

At *(your school name here)* the students will be *(describe what your school will be doing during the event)*. *(The following is optional depending on whether you have invited others to join you.)* The school has also invited some special guests to take part in this fitness celebration. Joining us will be *(list the name and position of the "celebrities" you have invited)*.

Each year the number of Maine children participating in ACES continues to grow. In 2007, over 33,000 children from pre-school thru high school participated in the event.

ACES was founded by New Jersey physical educator Len Saunders in 1989 because he wanted to encourage his students to be more physically active. By the third year the event went worldwide and more than 5 million children participated. Each year the program reaches millions of children in all 50 states and more than 50 countries.

The following two sample articles could be used in your school paper or sent home with students.

---

## **AMERICA'S CHILDREN - IF THEY SIT, THEY SUPERSIZE!**

By Erik N. Steele, D.O.

In the good old days, when it came to keeping children active and healthy, parents turned their children loose at the beginning of the day and the children took care of the rest. They ran around like banshees, hopefully stayed out of trouble, and came home at the end of the day exhausted. Childhood obesity was a contradiction in terms.

Times have changed. Childhood can be spent sitting; sitting in front of the television, sitting in front of the computer, sitting in the room with the music on, sitting at the mall with friends. The problem is that children who sit are children who 'supersize,' who gain weight out of proportion to their growth and become obese. That is why obesity is now the #1 health problem of American children.

It is tempting to think that obesity in children is no big deal, that they will simply 'grow out of it.' Tempting, but wrong. Obese children are at risk for diabetes, depression, and earlier onset of heart disease. They are not healthy. They are far likelier to be obese as teenagers and as adults. Complications of obesity now cause more than 500,000 American adults to die prematurely each year, right up there with cigarette smoking. Allowing your child to become overweight and remain overweight can be as bad for them as allowing them to smoke, something you would never do.

The cause of the prevention of obesity is sitting in front of you, in front of the computer, in front of the television. The answer is also to love your children enough to insist they spend most of their leisure time being active, to be their coach in the game of staying fit.

Start with a few hard and fast rules:

1. Television and computer time must be limited to no more than 1 hour per day on weekdays, 1 ½ hours on weekends. If you do nothing else for your child's fitness, do this. There is a direct correlation between a child's excess weight gain and hours of television watched; think of television as chips and dips added to their hips.

2. Insist that they participate in some organized sport - baseball, frog hunting, whatever. Children want to exercise; if you give them the opportunity, they will do the rest. When in school make them participate in gym and a team sport. When the opportunity comes up have them participate in school programs such as ACES (All Children Exercising Simultaneously), a national program of school exercise aimed at teaching children about the fun and value of exercise.
3. No supersized junk foods - sodas, fries, ice creams, etc. Extra food is extra fat.
4. If a child is overweight, work with his or her doctor on a comprehensive weight control plan.

Children who don't exercise will supersize if they eat a typical high-calorie American diet. If you love them, get them moving; they will do the rest.

# Just Doing It . . . Now!

By William Wilkoff, MD, Pediatrician, Brunswick

American children are less fit and more overweight today than they were twenty years ago, and pediatricians have already begun to see the consequences of this unhealthy trend. For example, Type II Diabetes, a condition that once occurred only in adults, is now developing in obese children at an alarming rate. In another twenty years our healthcare system will be struggling to keep up with the inevitable surge of cardiovascular disease as today's unfit and overweight children reach adulthood.

The ACES program is a small but symbolic gesture aimed at encouraging children to become more active. If it is to have a lasting effect, parents like you and I must create an environment that guarantees that our children get enough exercise every week not just one day each year. Let's look at some of the things we can do now to help our children develop healthy, life-long exercise habits.

**Put limits on television viewing** - The statistics give us a clear but frightening picture. Overweight children watch more television than their fitter and leaner peers. TV's magnetic power has turned us into a nation of spectators. When muscles aren't called on to propel us around, they weaken and atrophy. Hearts and lungs that spend most of their time in an idling mode can't respond when they are called on to work.

In the past, pediatricians and other concerned groups have emphasized the violent content of television programming. Belatedly, they have realized that we must also start paying attention to the amount of TV that children are watching as we guide them back on the path to good health.

If you only do one thing to help your child become more physically active, turn off the television. He won't stay rooted on the couch if there isn't anything to watch. One hour of TV viewing per day (1 1/2 hours on a weekend day) is a reasonable and healthy limit. The hour should preferably occur after dinner because daytime is prime time to be playing outside.

This restriction should also include video games and computer time. While these "activities" require more thought and physical participation than TV viewing, they don't provide your child's leg muscles and cardiovascular system the opportunity to work.

Your children will protest vehemently the first week or two after you institute the one hour TV limit. Don't cave in. This is serious business. Ignore his complaints of boredom. American children have gotten out of the habit of amusing themselves, but deep inside they still possess enough creativity to

invent games, choose up sides and play. Your child will soon find other things to do, and almost every one of his new discoveries will provide him with more exercise than sitting on the couch watching television.

**Set a good example** — If you spend most of your time at home watching television, your child is going to do the same. On the other hand, if you include exercise in your daily routine, your child will follow your lead. While older children may publicly describe their parents as geeks, you are still the most powerful role model for your sons and daughters regardless of their age.

If you climb in the car to run an errand that you could have done on foot or if you circle the parking lot three times just to find a space closer to the store, you are sending a powerful message to your child that exercise is bad. You don't need to be a great athlete, in fact you don't have to be an athlete at all. Walking, gardening, and going to a square dance or sock hop are activities that are just as good for you, maybe even better than jogging. Doing something physical is great for your body and it is even better for your mind.

**Don't be afraid of the world outside** — When I was a young child, my mother would open the back door and usher me outside shortly after breakfast and wouldn't welcome me back in until it was time for lunch. Today's parents seem reluctant to send their children out into the fresh air where activity and exercise come naturally.

Unless the weather man has issued a wind-chill advisory or it is raining cats and dogs, being outside is healthier for your child than being cooped up in the house. Sweet as your child is, he isn't going to melt if a few drops of rain happen to touch his body. If he is dressed appropriately, an hour outside in thirty degree weather isn't going to give him pneumonia.

Here in Maine if we wait for that perfect sunny day with temperatures in the low seventies, months will pass before we send our children outside to play. Help your children to adopt the attitude that changeable weather offers more opportunities to play rather than an excuse to hunker down inside. Rain creates puddles to jump in. Wind carries kites aloft. Cold temperatures freeze ponds to skate on and snow piles up into magic mountains.

Consider every option to create a safe outdoor environment for your child to play. Fences can be expensive, but ask other parents if they would like to share "playground duty." In the beginning you may need to accompany your child outside to set an example. Eventually he will discover most days that is where he would rather be.

**Beware of after-school inertia** — After a day of being trapped inside a school building, your child's body needs to get moving. Unfortunately, many children spend the hours between the end of school and dinner time watching TV and snacking.

If your child goes to daycare until you get home from work, make sure that your daycare provider understands the health risks of television viewing. Although grandmothers may provide inexpensive afterschool supervision, you may need to find another more active environment for your child if your mother or mother-in-law can't provide one.

Look into the afterschool recreational activities your community offers. If none exist, join with other concerned parents to encourage the school and recreation department to offer them.

\* \* \*

Unfortunately, for many people the word “exercise” conjures up unpleasant thoughts of putting on a running suit or lycra tights. Not all of us enjoys sports or has the kind of single-minded discipline that it takes to jog three miles every day. It may make it easier if we simply start thinking about being “more active” rather than exercising.

To begin with, we (and our children) must stop sitting around watching other people do things and this means turning off the television until after supper. The next step is to begin doing things ourselves. Games can make it more fun to be active, particularly for children, but walking or doing yard work for an hour is healthier than sitting on the couch.

We can't wait for the weather to improve. Now is the time to *Just Do It*.



## Suggestions of Who To Invite

ACES is an excellent way to promote the importance of physical activity in your school. Take advantage of this opportunity by inviting members of your community to participate in ACES. This not only provides your school with more exposure, but shows your students that exercise can be done at any age and can be fun.

By including community members at your event, you may increase the interest of the local media. Media coverage not only helps spread your school's message, but also the message about physical activity.

Below is a list of possible people to invite to your school to participate in ACES. Make sure to include them in any press releases that you write.

### Civic Leaders and Dignitaries

Mayor or City Manager  
City Council Members  
State Representative  
State Senator  
Sheriff or Deputy  
Police Chief or Police Officer  
Firemen and Paramedics

### Local Celebrities

Media personalities -- TV news anchor,  
weatherman, local sports reporter  
DJ from local radio station  
Professional and semi-professional  
athletes  
Area college athletes  
Local high school athletes  
Celebrity parents and family members

### School

Don't forget to include those already involved with your school, such as:

Principal  
Food Service  
Teachers  
Bus Drivers  
Superintendent and office staff  
Coaches  
Parents  
School Board Members  
School volunteers  
PTA

### Others

YMCA  
Parks & Rec. Department  
Walking Clubs  
Scout Leaders  
Church Groups  
Local HMPs  
People with disabilities  
The Whole Community!

(to be reproduced on school letterhead)

Dear Parent,

You are cordially invited to our school on

**May** \_\_\_\_

at \_\_\_\_\_ (time)

At that time, your child's class will join with other classes in Project ACES  
(All Children Exercising Simultaneously)



This is the world's largest exercise class. Our school is participating along with thousands of schools across the nation and around the world. Millions of other students will be taking part in their own Project ACES Day program.

Our Project ACES Day program is organized to:

- Teach our children to be fit for life, encouraging quality daily exercise for everyone.
- Demonstrate our school's commitment to health education, including fitness and good nutrition.
- Stimulate physical fitness and good health habits among all the families and individuals in our school community. It's not just for kids.

We look forward to greeting you as you enjoy our program.

Cordially,

P.S. What's your Family Fitness I.Q.? Find out when you attend Project ACES Day and learn how to boost your score for a healthy lifestyle.



## Media Contacts

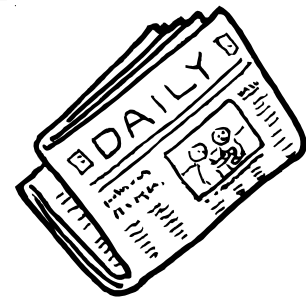
Below is a list of local newspapers, television stations, and radio stations for you to contact regarding your ACES event. This is not a complete list of all newspapers being published or radio stations in the state, but it does include the major ones.

### Daily Newspapers

**Bangor Daily News** - coverage area: all of Maine north and east of a line between Rockland, Skowhegan, and Jackman

Bangor Office - phone: 990-8000 ~ fax: 990-8095  
email: [bdnnews@bangordailynews.net](mailto:bdnnews@bangordailynews.net)

Lincoln Office - phone: 794-3056  
Madawaska Office - phone: 728-6501  
Presque Isle Office - phone: 768-5681  
Rockland Office - phone: 596-6688  
Houlton Office - phone: 532-9257  
Ellsworth Office - phone: 667-9393  
Calais Office - phone: 454-8228  
Pittsfield Office - phone: 487-3187



**Foster's Daily Democrat** - coverage area: York  
phone: 363-4413 ~ fax: 603-740-3460

**Kennebec Journal** - coverage area: Southern Kennebec County, Northern Sagadahoc County, Western Lincoln County  
phone: 623-3811 ~ fax: 623-2220 ~ email: [kjedit@centralmaine.com](mailto:kjedit@centralmaine.com)

**Journal Tribune** - coverage area: York County  
phone: 282-1535 ~ fax: 282-3138 ~ email: [news@journaltribune.com](mailto:news@journaltribune.com)

**Morning Sentinel** - coverage area: Central Maine area  
Waterville Office - phone: 873-3341 ~ fax: 861-919  
email: [msexton@centralmaine.com](mailto:msexton@centralmaine.com)  
Skowhegan Office - phone: 474-9534

**Portland Press Herald** - coverage area: Rockland to Kittery  
phone: 791-6650 ~ fax: 791-6920  
email: [communitynews@pressherald.com](mailto:communitynews@pressherald.com)

**Sun Journal** - coverage area: Androscoggin, Central Maine, Franklin, Oxford  
Lewiston Office - phone: 784-5411 ~ fax: 777-3436  
email: [editor@sunjournal.com](mailto:editor@sunjournal.com)

**The Times Record** - coverage area: Brunswick, Topsham, Richmond, Bowdoinham, Bowdoin, Lisbon, Durham, Bath, Freeport, Pownal, Harpswell, West Bath  
phone: 729-3311 ~ fax: 729-5728 ~ email: [news@TimesRecord.com](mailto:news@TimesRecord.com)

## Weekly Newspapers

**Aroostook Republican & News** - coverage area: Caribou, Sweden, Limestone, Fort Fairfield, Washburn, Stockholm, Woodland  
phone: 496-3251 ~ email: [republican@nepublish.com](mailto:republican@nepublish.com)

**Bar Harbor Times** - coverage area: Mount Desert Island, Trenton, surrounding islands  
phone: 288-3311 ~ fax: 288-5813

**Biddeford-Saco-OOB Courier** - coverage area: Biddeford, Saco, Old Orchard Beach, Arundel  
phone: 282-4337 ~ fax: 282-4339

**Boothbay Register** - coverage area: Boothbay region and Wiscasset area of Lincoln County  
phone: 633-4620 ~ fax: 633-7123

**Coastal Journal** - coverage area: Sagadahoc, Lincoln, Knox Counties and parts of Cumberland County  
phone: 443-6241 ~ fax: 443-5605

**Country Courier** - coverage area: All of Androscoggin County, parts of Sagadahoc, Oxford, and Franklin Counties  
phone: 225-2076 ~ fax: 225-5333

**Courier Gazette** - coverage area: Knox County, Coastal islands, parts of Lincoln and Waldo Counties  
phone: 594-4401 ~ fax: 596-6981

**Gorham Times** - coverage area: Gorham  
phone: 839-8390 ~ email: [gtimes@maine.rr.com](mailto:gtimes@maine.rr.com)

**Gray News** - coverage area: Gray  
phone: 657-2200 ~ fax: 657-2427

**Houlton Pioneer Times** - coverage area: South to Danforth, West to Island Falls, North to Mars Hill  
phone: 532-2281 ~ fax: 532-2403 ~ email: [pioneertimes@nepublish.com](mailto:pioneertimes@nepublish.com)

**Katahdin Times** - coverage area: Millinocket, East Millinocket, Medway  
phone: 723-8118 ~ fax: 723-3212 ~ email: [ktimes@kai.net](mailto:ktimes@kai.net)

**Lincoln County Weekly** - coverage area: Lincoln County  
phone: 563-5006 ~ fax: 563-3127 ~ email: [lcw@lincoln.midcoast.com](mailto:lcw@lincoln.midcoast.com)

**Lincoln News** - coverage area: Lincoln, Lee, Enfield, Howland, Mattawamkeag, Winn, Springfield, and surrounding areas  
phone: 794-6532 ~ fax: 794-2004

**Moosehead Messenger** - coverage area: Southern Piscataquis County  
phone: 695-3077 ~ fax: 695-3780 ~ email: [messenger@gwi.net](mailto:messenger@gwi.net)

**Mount Desert Islander** - coverage area: Hancock County  
phone: 288-0556 ~ fax: 288-0559

**Penobscot Bay Press** - coverage area: Blue Hill, Brooklin, Sedgwick, Surry, Brooksville, Castine, Penobscot, Deer Isle, Stonington, Isle au Haut  
phone: 367-2200 ~ fax: 367-6397

**Penobscot Times** - coverage area: Old Town, Orono, Milford, Bradley, Alton, Greenbush, Bangor, Brewer  
phone: 827-4451 ~ fax: 827-2280

**Piscataquis Observer** - coverage area: Dover-Foxcroft, Piscataquis County, Newport and Dexter  
phone: 564-8355 ~ fax: 564-7056 ~ email: [observer@nepublish.com](mailto:observer@nepublish.com)

**Republican Journal** - coverage area: Waldo County  
phone: 338-3333 ~ fax: 338-5498 ~ email: [trjmail@courierpub.com](mailto:trjmail@courierpub.com)

**Rumford Falls Times** - coverage area: Rumford, Mexico, Dixfield, Bethel, Canton  
phone: 364-7893 ~ fax: 369-0170

**Sanford News** - coverage area: Sanford, Springvale, N. Berwick, Lebanon, Shapleigh, Limerick, Acton, Waterboro, Alfred  
phone: 324-5986 ~ fax: 490-1431 ~ email: [sanfordnews@psouth.com](mailto:sanfordnews@psouth.com)

**St. John Valley Times** - coverage area: St. John Valley  
phone: 728-3336 ~ fax: 728-3825

**Suburban News** - coverage area: Bridgton to Westbrook  
phone: 892-1166 ~ fax: 892-1171



**The American Journal** - coverage area: Westbrook, Gorham, Scarborough, South Portland, Cape Elizabeth, Windham, Standish  
phone: 854-2577 ~ fax: 854-0018

**The Bridgton News** - coverage area: Bridgton, Casco, Naples, Sebago, Harrison, Fryeburg, Windham, Denmark, Sweden, Lovell, Brownfield, North Conway  
phone: 647-2851 ~ fax: 647-5001

**The Camden Herald** - coverage area: Camden, Rockport, Appleton, Hope, Lincolnville  
phone: 236-8511 ~ fax: 236-2816 ~ email: [cherald@courierpub.com](mailto:cherald@courierpub.com)

**The Capital Weekly** - coverage area: Augusta, Hallowell, Gardiner, Winthrop, and surrounding areas  
phone: 621-6000 ~ fax: 621-6006 ~ email: [cwmail@courierpub.com](mailto:cwmail@courierpub.com)

**The Current** - coverage area: Scarborough and Cape Elizabeth  
phone: 883-3533 ~ fax: 883-4372

**The Ellsworth American** - coverage area: Hancock  
phone: 667-2576 ~ fax: 667-7656 ~ email: [news@ellsworthamerican.com](mailto:news@ellsworthamerican.com)

**The Forecaster** - coverage area: Falmouth, Cumberland, N. Yarmouth, Freeport, Portland, Yarmouth (northern edition); S. Portland, Cape Elizabeth, Scarborough (southern edition)  
phone: 781-3661 ~ fax: 781-2060 ~ email: [foreedit@maine.rr.com](mailto:foreedit@maine.rr.com)

**The Franklin Journal** - coverage area: Franklin County  
phone: 778-2075 ~ fax: 778-6970

**The Free Press** - coverage area: Knox County and part of Lincoln and Waldo Counties  
phone: 596-6696 ~ fax: 596-6698

**The Lubec Light** - coverage area: Washington County  
phone: 733-2939 ~ fax: 733-2946

**The Original Irregular** - coverage area: Maine Western Mountains  
phone: 265-2773 ~ fax: 265-2775 ~ email: [irregular@somtel.com](mailto:irregular@somtel.com)

**The Star Herald** - coverage area: Presque Isle, Washburn, Ashland, Mapleton, Mars Hill, Blaine, Westfield, Portage, Masardis, Easton, Fort Fairfield  
phone: 768-5431 ~ fax: 764-7585 ~ email: [starherald@nepublish.com](mailto:starherald@nepublish.com)

**The Weekly** - coverage area: Greater Bangor and Brewer area  
phone: 942-2913 ~ fax: 941-9476

**The Wiscasset Newspaper** - Wiscasset and surrounding towns  
phone: 882-6355 ~ fax: 882-4280

**The York Weekly** - coverage area: Southern York County  
phone: 363-4343 ~ fax: 351-2849

**Twin City Times** - coverage area: Androscoggin County  
phone: 795-5017 ~ fax: 782-9579

**Weekly Packet** - coverage area: Blue Hill, Brooklin, Sedgwick, Surry, Brooksville  
phone: 374-2341 ~ fax: 374-2343

**York County Coast Star** - coverage area: Kennebunk to Kittery to Portland  
phone: 985-2961 ~ fax: 985-9050

## TV Stations

**WABI - TV (CBS) Channel 5** - coverage area: Bangor to Augusta to Millinocket to Calais  
phone: 947-8321 ~ fax: 941-9378

**WAGM - TV Channel 8** - coverage area: Aroostook County  
phone: 764-4461 ~ fax: 764-5329

**WCSH - TV (NBC) Channel 6** - coverage area: Southern and Central Maine  
phone: 828-6666 ~ fax: 828-6610 ~ email: [newscenter@wcs6.com](mailto:newscenter@wcs6.com)

**WGME - TV (CBS) Channel 13** - coverage area: Waterville to Portsmouth, NH  
phone: 797-1313 ~ fax: 878-3505 ~ email: [tvmail@wgme.com](mailto:tvmail@wgme.com)

**WLBZ - TV (NBC) Channel 2** - coverage area: Bangor to Augusta to Millinocket to Calais  
phone: 942-4821 ~ fax: 945-6816

**WMTW - TV (ABC) Channel 8** - coverage area: statewide  
phone: 775-1800 ~ fax: 783-7371

**WPXT - TV Channel 51** - coverage area: Waterville to Wells and North Conway to Camden  
phone: 774-0051 ~ fax: 774-6849 ~ email: [news@ourmaine.com](mailto:news@ourmaine.com)



**WVII - TV (ABC) Channel 7** - coverage area: Central Maine  
phone: 945-6457 ~ fax: 942-0511

## **Radio Stations**

**WABI-AM (910) Brewer** - coverage area: Bangor, Brewer  
phone: 989-7364 ~ fax: 898-8320

**WABK-FM (104.3) Augusta** - coverage area: 75 mile radius  
phone: 623-9000 ~ fax: 623-9007

**WALZ-FM (95.30) Calais** - coverage area: Washington County  
phone: 255-4652 ~ fax: 454-3062

**WAYD-FM (105.5) Rockland** - coverage area: Bar Harbor to Waldoboro  
phone: 594-9400 ~ fax: 594-2234

**WBAE-AM (1490) South Portland** - coverage area: 20 mile radius  
phone: 774-4561 ~ fax: 774-3788

**WBFB-FM (104.7) Brewer** - coverage area: 80 mile radius  
phone: 989-7364 ~ fax: 989-8321

**WBLM-FM (102.9) Portland** - coverage area: Bangor to Boston  
phone: 774-6364 ~ fax: 774-8707

**WBOR-FM (91.1) Brunswick** - coverage area: 30 mile radius  
phone: 725-3210 ~ fax: 725-3510

**WBPW-FM (96.9) Presque Isle** - coverage area: Aroostook County  
phone: 769-6600 ~ fa 764-5274

**WBQQ-FM (99.3) Kennebunk** - coverage area: Portland to Portsmouth, NH  
phone: 967-0993 ~ fax: 967-8671

**WBQW-FM (106.3) Portland** - coverage area: Southern Maine  
phone: 775-2224 ~ fax: 775-2226

**WBQX-FM (106.9) Rockland** - coverage area: Coastal Maine & Capital District  
phone: 594-9283

**WBZN-FM (107.3) Brewer** - coverage area: Houlton to Augusta  
phone: 989-5631 ~ fax: 989-5685

**WCLZ-FM (98.9) Portland** - coverage area: Southern Maine  
phone: 774-6364 ~ fax: 774-8707

**WCME-FM (96.7) Augusta** - coverage area: Freeport, Rockland, Waterville, Mid-Coast  
Maine, Old Orchard Beach, Lewiston, Augusta  
phone: 623-9000 ~ fax: 623-9007

**WCNM-AM (1240) Auburn** - coverage area: Central & Western Maine  
phone: 784-5868 ~ fax: 784-4700

**WCRQ-FM (102.9) Calais** - coverage area: Washington County  
phone: 454-2797 ~ fax: 454-2793



**WCTB-FM (93.5) Augusta/Skowhegan** - coverage area: Newport to Augusta  
 phone: 623-9000 ~ fax: 623-9007 (Augusta)  
 phone: 474-5171 ~ fax: 474-3299 (Skowhegan)

**WCXU-FM (97.7) Caribou** - coverage area: Aroostook County  
 phone: 473-7513 ~ fax: 472-3221

**WCXX-FM (102.3) Caribou** - coverage area: Northern Aroostook County  
 phone: 473-7513 ~ fax: 472-3221

**WCYI-FM (93.9) Portland** - coverage area: Bangor to Boston  
 phone: 774-6364 ~ fax: 774-8707

**WCYY-FM (94.3) Portland** - coverage area: Lewiston to York  
 phone: 774-6363 ~ fax: 774-8707

**WDEA-AM (1370) Brewer** - coverage area: Hancock County  
 phone: 989-5631 ~ fax: 989-5685

**WDME-FM (103.1) Dover-Foxcroft** - coverage area: 60 mile radius  
 phone: 564-2642 ~ fax: 564-8905

**WEBB-FM (98.5) Augusta** - coverage area: Central Maine  
 phone: 623-4735 ~ fax: 626-5948

**WERU-FM (89.9) East Orland** - coverage area: Mid Coast & Downeast Maine and  
 surrounding counties  
 phone: 469-6600 ~ fax: 469-8961

**WEZQ-FM (92.9) Brewer** - coverage area: Ellsworth, Mount Desert Island, Blue Hill,  
 Orono, Augusta, Skowhegan, Millinocket, Machias, Rockland  
 phone: 989-5631 ~ fax: 989-5685

**WFST-AM (600) Caribou** - coverage area; Northern Maine  
 phone: 492-6000 ~ fax: 493-3268

**WGUY-FM (102.1) Newport** - coverage area: Dexter, Newport, Bangor  
 phone: 368-1021 ~ fax: 368-3299

**WHCF-FM (88.5) Bangor** - coverage area: York County to the Maritimes  
 phone: 947-2751 ~ fax: 947-0010

**WHMX-FM (105.7) Bangor** - coverage area: Houlton to Waterville  
 phone: 947-2751 ~ fax: 947-0010

**WHOM-FM (94.9) Portland** - coverage area: Southern & Central Maine  
 phone: 774-6364 ~ fax: 774-8707

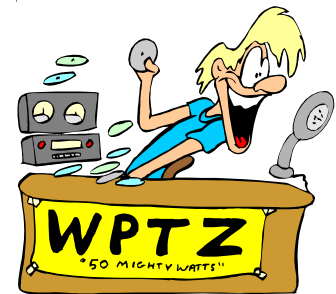
**WHOU-FM (100.1) Houlton** - coverage area: Northern Maine  
 phone: 532-3600 ~ fax: 521-0056

**WHSN-FM (89.3) Bangor** - coverage area: 30 mile radius  
 phone: 973-1011 ~ fax: 947-3987

**WJBQ-FM (97.9) Portland** - coverage area: Southern & Central Maine  
 phone: 774-6364 ~ fax: 774-8707

**WKCG-FM (101.3) Augusta** - coverage area: 75 mile radius  
 phone: 623-9000 ~ fax: 623-9007

- WKIT-FM (100.3) Bangor** - coverage area: Eastern & Central Maine  
phone: 990-2800 ~ fax: 990-2444
- WKSQ-FM (94.5) Ellsworth** - coverage area: Eastern Maine, Eastport, Millinocket, Rockland  
phone: 667-7573 ~ fax: 667-9494
- WKTJ-FM (99.3) Farmington** - coverage area: Franklin County, Northern Androscoggin County  
phone: 778-3400 ~ fax: 778-3000
- WKTQ-AM (1450) Norway** - coverage area: Central & Western Maine  
743-5911 ~ fax: 743-5913
- WLKE-FM (99.1) Ellsworth** - coverage area: Downeast area  
phone: 667-7573 ~ fax: 667-9494
- WMCM-FM (103.3) Rockland** - coverage area: Rockland, Waldoboro, Belfast, Portland, Augusta, Bath, Bangor  
phone: 594-9400 ~ fax: 594-2234
- WMDR-AM (1340) Augusta** - coverage area: Richmond to Waterville  
phone: 623-1340 ~ fax: 623-2874
- WMEA-FM (90.1) Portland** - coverage area: statewide  
phone: 874-6570 ~ fax: 761-0318
- WMEB-FM (91.9) Orono** - coverage area: Greater Bangor  
phone: 581-4340 ~ fax: 581-4343
- WMED-FM (98.7) Bangor/Portland** - coverage area: statewide  
phone: 941-1010 ~ fax: 942-2857 (Bangor)  
phone: 874-6570 ~ fax: 761-0318 (Portland)
- WMEH-FM (90.9) Bangor** - coverage area: statewide  
phone: 941-1010 ~ fax: 942-2857
- WMEK-FM (99.9) Portland** - coverage area: Greater Lewiston & Portland areas  
phone: 797-0780 ~ fax: 797-0368
- WMGX-FM (93.1) South Portland** - coverage area: 49 mile radius  
phone: 774-4561 ~ fax: 774-3788
- WMME-FM (92.3) Augusta** - coverage area: 100 mile radius  
phone: 623-4735 ~ fax: 626-5948
- WMSH-FM (89.3) Freeport** - coverage area: Southern & Central Maine  
phone: 865-3448 ~ fax: 865-1763
- WOXO-FM (92.7) Norway** - coverage area: Central & Western Maine  
phone: 743-5911 ~ fax: 743-5913
- WOZI-AM (101.9) Presque Isle** - coverage area: Aroostook County  
phone: 769-6600 ~ fax: 764-5274
- WPHX-FM (92.1) Portland** - coverage area: York County  
phone: 773-8900 ~ fax: 773-8905



- WPKM-FM (106.3) Portland** - coverage area: Kittery to Brunswick  
phone: 775-2224 ~ fax: 775-2226
- WPOR-FM (101.9) South Portland** - coverage area: Southern & Central Maine  
phone: 774-4561 ~ fax: 774-3788
- WQCB-FM (106.5) Brewer** - coverage area: Houlton to Augusta  
phone: 989-5631 ~ fax: 989-5685
- WQDY-AM/FM (1230 & 92.7) Calais** - coverage area: Washington County  
phone: 454-7545 ~ fax: 454-3062
- WQEZ-FM (104.7) Kennebunk**  
phone: 967-0993 ~ fax: 967-8671
- WQHR-FM (96.1) Presque Isle** - coverage area: Aroostook County  
phone: 769-6600 ~ fax: 764-5274
- WQSS-FM (102.5) Rockland** - coverage area: Rockland-Camden, Portland, Bangor,  
Bath-Brunswick, Augusta-Waterville  
phone: 594-9400 ~ fax: 594-2234
- WRED-FM (95.9) Portland** - coverage area: Cumberland and York  
phone: 773-9695 ~ fax: 761-4406
- WSHD-FM (91.7) Eastport** - coverage area: Northern Coastal Washington County  
phone: 853-6254 ~ fax: 853-2919
- WSYY-AM/FM (1240 & 94.9) Millinocket** - coverage area: FM - 100 mile radius;  
AM - 20 mile radius  
phone: 723-9657 ~ fax: 723-5900
- WTBM-FM (100.7) Norway** - coverage area: Central & Western Maine  
phone: 743-5911 ~ fax: 743-5913
- WTHT-FM (107.5) Portland** - coverage area: Portsmouth, NH to Bangor, out to coast  
phone: 797-0780 ~ fax: 797-0368
- WTME-AM (1240) Auburn** - coverage area: Central & Western Maine  
phone: 743-5911 ~ fax: 743-5913
- WTOF-FM (105.1) Augusta**  
phone: 623-9000 ~ fax: 623-9007
- WUFK-FM (92.1) Fort Kent**  
phone: 834-7549 ~ fax: 834-7503
- WUMF-FM (100.5) Farmington** - coverage area: greater Farmington area  
phone: 778-7352 ~ fax: 778-7113
- WWMJ-FM (95.7) Brewer** - coverage area: Ellsworth, Mount Desert Island, Blue Hill,  
Orono, Augusta, Skowhegan, Millinocket, Machias, Rockland  
phone: 989-5631 ~ fax: 989-5685
- WYFP-FM (91.9) Brunswick** - coverage area: Cumberland, Androscoggin, Waldo, and  
parts of Oxford & York County  
phone: 729-9919 ~ fax: 729-9919

# **Nutrition and Physical Activity**



## Nutrition and Physical Activity

Physical activity and good nutrition go hand-in-hand. And studies prove that poor nutrition and lack of physical activity lead to lower academic achievement. When children's basic nutritional and fitness needs are met, they have the cognitive energy to learn and achieve. Schools continue to be a core place for students to learn and practice healthy eating habits.



### **Some Facts ...**

- Only 2% of school children meet all the recommendations of the Food Guide Pyramid.
- More than 60% of young people eat too much fat.
- Less than 20% of young people eat the recommended five or more servings of fruits and vegetables each day.
- Teenagers today drink twice as much carbonated soda as milk.
- The prevalence of overweight among children aged 6-11 years has more than doubled in the past 20 years and among adolescents aged 12-19 has more than tripled.
- Good nutrition lowers people's risk for many chronic diseases, including heart disease, stroke, some types of cancer, diabetes, and osteoporosis.

Schools can be a place for children to be active and enjoy eating and learning about nutritious foods. School breakfast programs are a good way to start the day. Research shows that children who participate in a school breakfast program have improved school performance and reduced absenteeism and tardiness. It can also lead to increased math grades and improved behavior.

ACES also provides a good opportunity to work with your school food service director or program. Healthy snacks and bottled water could be offered to the children following the ACES activity. Your school food service could provide healthy foods such as:

- ☺ fresh, mixed-fruit cup
- ☺ 100% juice and low-fat cheese stick
- ☺ pretzels and low-fat cheese cubes
- ☺ apples and peanut butter
- ☺ animal crackers and flavored low-fat milk
- ☺ cut-up veggies and low-fat veggie dip
- ☺ 100% frozen fruit juice bar

ACES participants could also bring healthy snacks from home, such as:

- ☺ trail mix
- ☺ cereal bar
- ☺ an apple, banana, or orange
- ☺ carrot or celery sticks
- ☺ low-fat yogurt cup

There are many good nutrition programs your school can become involved in, if it isn't already. Check out the programs below.

**USDA “Team Nutrition”** -- Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition



Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and MyPyramid. For more information, go to their web site at [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/).

**Fruits & Veggies - More Matter** -- This program builds on the momentum that 5 A Day created, taking it to the next level by encouraging you and your family to eat more fruits and veggies at every eating occasion. This health initiative, brought to you by Produce for Better Health Foundation, offers expert cooking advice, nutrition information and shopping tips. Most importantly, this



program demonstrates that eating more fruits and vegetables does matter to all of us. It's a great way to stay healthy and a perfect fit for busy lives. Learn more at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

**Eat Smart. Play Hard.** -- is a national nutrition education and promotion campaign designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity. The campaign uses PowerPanther™ as the primary communication vehicle for delivering nutrition and physical activity messages to children and their caregivers. Messages developed for the campaign are based on the Dietary Guidelines for Americans and the Food Guide Pyramid. The campaign focuses on four basic themes (breakfast, snacks, balance, physical activity) and includes messages related to each theme. For more information, go to [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard).



**Maine-ly Nutrition** -- provides teachers and school nurses with training and resources to implement nutrition education in the classroom. This project is open to preschool - high school teachers and school nurses who teach in schools statewide that have 50% or more of students eligible for free or reduced price meals. For more info go to [www.maine-nutrition.org/Projects/MainelyNutrition.htm](http://www.maine-nutrition.org/Projects/MainelyNutrition.htm).



# **Materials for Your Students**



## Materials for Your Students

The materials provided on the following pages can be used to motivate kids and emphasize the importance of physical activity and good nutrition. A sample participation certificate is also included. We encourage you to recognize all kids for their efforts.

What's Your Family Fitness I.Q.?, The Heart of Good Health, Good Food For You, and Nutrition Fuels Fitness are made available courtesy of The Youth Fitness Coalition, Inc., and can also be downloaded from the ACES website at <http://members.aol.com/acesday/free.html>.

# What's Your Family Fitness I.Q.?

Answer the 10 statements below and total your score.

**Points for Yes/True Answers**

- |                                                                                                                                                                                   |           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1. You don't smoke and no one in your household smokes.                                                                                                                           | <b>15</b> |
| 2. You have a drug-free household.                                                                                                                                                | <b>15</b> |
| 3. You exercise regularly for at least 20 minutes at least 3 times a week. (Can include running, jogging, bicycling, brisk walking, aerobics, swimming, and other active sports.) | <b>15</b> |
| 4. You have some form of daily physical activity. (Can include an exercise routine, brisk walking, using stairs rather than elevators for one to three flights.)                  | <b>10</b> |
| 5. You leave a period of quiet time for yourself every day to unwind and rewind.                                                                                                  | <b>10</b> |
| 6. You have breakfast every day.                                                                                                                                                  | <b>10</b> |
| 7. You regulate your weight only through healthy eating and exercise, without using chemicals.                                                                                    | <b>10</b> |
| 8. You follow good nutrition practices, such as having 5 servings of fruits and vegetables a day and limiting your intake of snack foods that are high in fats and sugars.        | <b>10</b> |
| 9. You have a medical and dental checkup at least once a year.                                                                                                                    | <b>10</b> |
| 10. You are a positive role model for everyone in your household, actively encouraging them to follow the practices outlined in questions 1 through 9.                            | <b>10</b> |

**Your Total Points** \_\_\_\_\_

**Perfect Score: 115. Go For It! That's the Project ACES Way.**

**If your score is 105 to 115: Congratulations!** You have a high family fitness I.Q. Keep your healthy lifestyle going.

**For 90 to 105:** You're on the right track to a healthy lifestyle, but you have several important points to work on.

**For 60 to 90:** Your family fitness I.Q. must improve. You know what you have to do, so put your mind to it today.

**Below 60:** Your Family Fitness I.Q. is seriously low. Your well-being may be at risk every day you delay adopting a healthy lifestyle.

# The Heart of Good Health

## *Your Fabulous Lifetime Movin' Machine*

Four kinds of exercise can help you become physically fit.

**Isometric exercise**, like making a tight fist and holding it for 5 seconds, increases your muscular strength. You tighten your muscles making almost no body movement.

**Isotonic exercise**, like weight lifting, increases your muscular strength and endurance. You usually tighten your muscles and move them through a full range of motion.

**Anaerobic exercise**, like running the 50-yard dash, helps you build up speed and power. You use sudden bursts of energy for a short period of time.

**Aerobic exercise** includes bicycle riding, distance running, brisk walking or jogging, and swimming. These activities improve your entire body condition, especially your heart and lungs. That's the Project ACES way.

You want to strengthen your heart because this muscle is your one and only fabulous lifetime movin' machine.

Your heart is not shaped like a valentine. It is shaped like an upside down pear. It is a double pump that keeps blood flowing through your body by squeezing and relaxing. Your heart is actually two pumps side by side. Each of these pumps has a different job to do.

The right pump sends blood to the lungs. There, blood picks up oxygen from the air you breathe. You need oxygen to stay alive and do all the activities that are part of your life. Then the blood flows back to the left side of the heart.

The left pump pushes the blood rich in oxygen to the rest of the body. This blood brings the oxygen to your cells so you can do everything.

Have you ever heard the sounds your heart makes? Ask your doctor or nurse to let you listen with a stethoscope.

The heart makes a lub-dub sound. On the "lub" sound, the top chambers (auricles) are pushing blood to the lower chambers of the heart. When you hear the "dub" sound, the lower chambers (ventricles) are pushing blood to the lungs and body.

### Here is a comparison of your heart and lungs

	Heart	Lung
1. How many?	1	2
2. How big?	1 clenched fist	2 clenched fists
3. How heavy?	1/2 pound	1-1/4 pounds each
4. Inside?	4 hollow chambers	Sponge-like sacs
5. Work at rest?	60-90 beats per minute	12-16 breaths per minute
6. During exercise?	120-200 beats per minute	24-52 breaths per minute

### Try these mental exercises:

1. Learn how to count your heart rate. The number of times your heart beats per minute is your heart rate. To count your heart rate, feel your pulse. Put your three middle fingers of one hand on the thumb side of your other wrist, below your palm. Or, put your fingers on the side of your

throat below your jawbone. Now press in gently. Each push against your fingers stands for one beat of your heart. The number of pushes each minute is your heart rate.

2. How many times does your heart beat in one minute? In one hour? In one year? In 50 years?

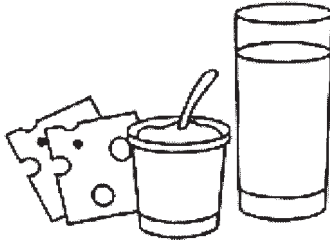
# Good Food For You

Eat healthy and you will feel healthy. When you feel healthy, you can do everything better. To eat healthy, have these foods every day. That's the **Project ACES** way.

## SERVINGS

3

lowfat  
dairy  
foods

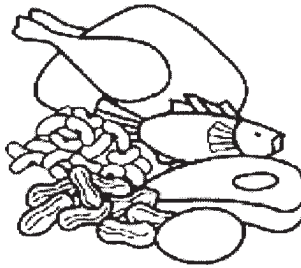


Fill in the missing letter

mi\_k  
chee\_e

2

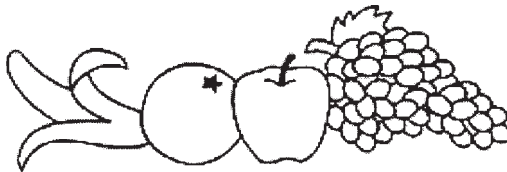
meat, poultry,  
fish, eggs,  
dry beans,  
nuts



chic\_en  
tu\_a  
pea\_uts

3

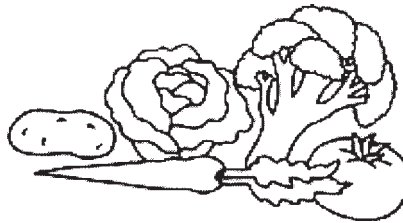
fruits



app\_e  
or\_nge  
ba\_a na

4

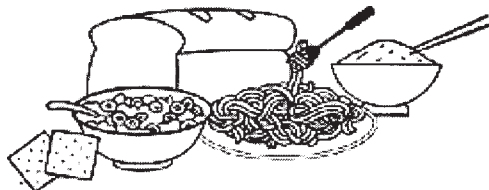
vegetables



pe\_s  
carro\_s  
c\_rn

9

bread,  
cereal,  
pasta



r\_ce  
toas\_  
maca\_oni

# Nutrition Fuels Fitness-- Power Up for Life

Eating right: what's in it for you? Test your Food Fuel I.Q. Answer true or false.

## What you eat can help you:

- |                               |       |                                      |       |
|-------------------------------|-------|--------------------------------------|-------|
| Keep your energy level high.  | _____ | Sleep better.                        | _____ |
| Feel great, look great.       | _____ | Handle everything better.            | _____ |
| Improve your school work.     | _____ | Stay healthy.                        | _____ |
| Enjoy physical activity more. | _____ | Answers: Turn this page upside down. |       |

All true

## What's Eating Right? Count On These Six Picks.

- Know the food group numbers. Make sure you get the right servings of the right foods you need -- every day.
- Keep it lean and mean. That means lowfat milk and yogurt, chicken without the skin, turkey, fish, lean cuts of meat, beans. Choose steamed or broiled foods rather than fried.
- Focus on natural fuel foods -- fruits, vegetables, breads, pasta, cereals, potatoes, rice and all those good grain foods that are muscle and brain foods.
- Build on breakfast. The better you start, the better your day. And, the less you need sweets and snacks. Choose foods from as many food groups as you want.
- Can the soda. You need fluids every day -- six servings for starters. Pour on the water (yes!), fruit juices, vegetable juices, and lowfat milk.
- Snack smart. Go easy on salt, sweets, oils and fats. Go for fruits and vegetables in your favorite form, from apple sauce to zucchini slices, raisins to radishes. Plus pretzels, lowfat muffins, and crackers.

## Serve Up These Servings.

Decide on nutrition that's right for you. Enjoy a variety of foods from all five food groups. No one group is more important than any other. You need them all. That's the Project ACES way.



**lowfat milk, yogurt, cheese and other dairy foods**  
(A typical serving is 1 cup milk or yogurt; 1 ounce of cheese)



**lean meats, poultry, fish, dry beans, eggs, nuts**  
(A typical serving is 2 or 3 ounces of lean meat or poultry)



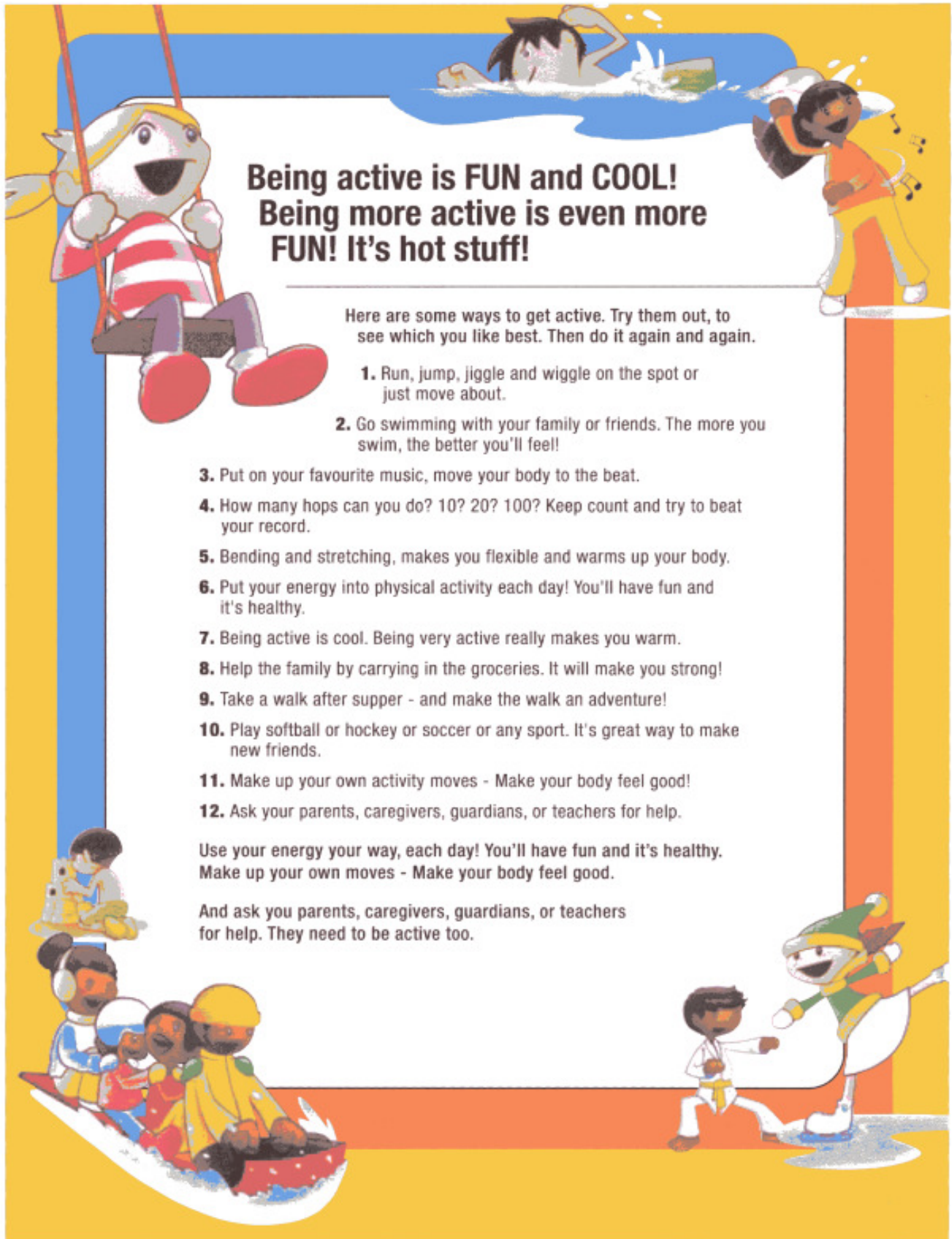
**fruits**  
(A typical serving is 1 apple or one-half cup of fruit juice)



**vegetables**  
(A typical serving is one-half cup of cooked carrots or one cup of raw carrots)



**bread, cereal, pasta, rice**  
(A typical serving is one slice of bread, one ounce of cereal, one-half cup of pasta or rice)



## Being active is FUN and COOL! Being more active is even more FUN! It's hot stuff!

Here are some ways to get active. Try them out, to see which you like best. Then do it again and again.

1. Run, jump, jiggle and wiggle on the spot or just move about.
2. Go swimming with your family or friends. The more you swim, the better you'll feel!
3. Put on your favourite music, move your body to the beat.
4. How many hops can you do? 10? 20? 100? Keep count and try to beat your record.
5. Bending and stretching, makes you flexible and warms up your body.
6. Put your energy into physical activity each day! You'll have fun and it's healthy.
7. Being active is cool. Being very active really makes you warm.
8. Help the family by carrying in the groceries. It will make you strong!
9. Take a walk after supper - and make the walk an adventure!
10. Play softball or hockey or soccer or any sport. It's great way to make new friends.
11. Make up your own activity moves - Make your body feel good!
12. Ask your parents, caregivers, guardians, or teachers for help.

Use your energy your way, each day! You'll have fun and it's healthy.  
Make up your own moves - Make your body feel good.

And ask you parents, caregivers, guardians, or teachers for help. They need to be active too.

Source: Canada's Physical Activity Guides for Children and Youth -- [www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/index.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/index.html)

# Move It! Choose your *FUN!*

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- **GET AT LEAST 60 minutes** a day of moderate activity, most days of the week.

Do...

**LESS**

Spend less time sitting around watching TV or using the computer.

**ENOUGH**

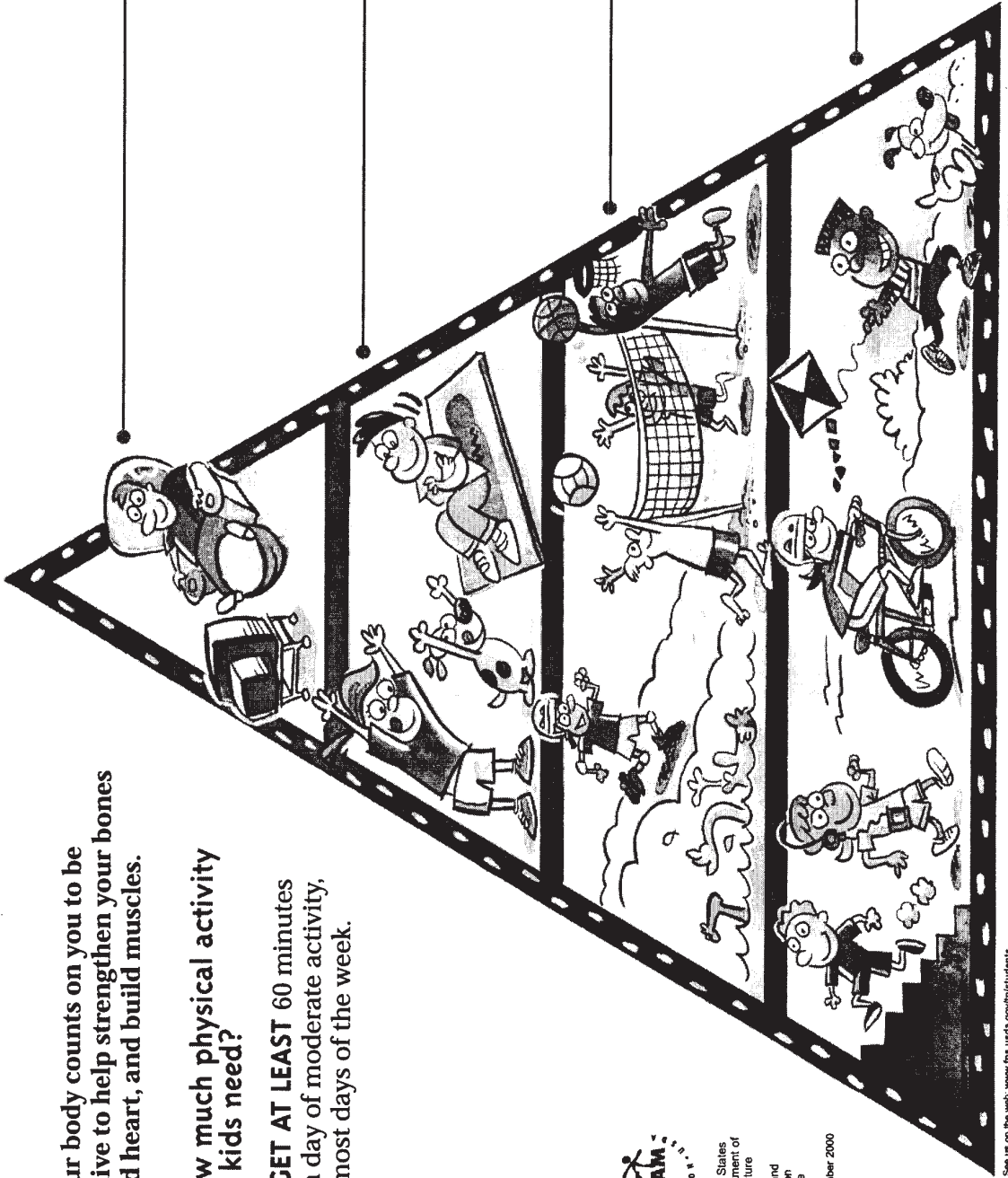
Do enough strengthening activities to keep your muscles firm.

**MORE**

Do more intense activities that warm you up and make you glow!

**PLENTY**

Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.



United States  
Department of  
Agriculture  
Food and  
Nutrition  
Service  
September 2000

See us on the web: [www.fns.usda.gov/students](http://www.fns.usda.gov/students)  
USDA is an equal opportunity provider and employer.

# This Certificate of Participation is Awarded to

---

(Name)

of

---

(School)

for having taken part in



Sponsored by the Maine Governor's Council  
on Physical Activity

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Signature

---

Date



**ACES Can Be More  
Than Once A Year**



## ACES Can Be More Than Once a Year

There are many activities that the students can do either individually, as a class, or as a whole school to stay active throughout the year. Some schools who have participated in ACES enjoyed the day so much that they have designated every Wednesday for the remainder of the school year as “Walking Wednesday” where teachers bring their students out for a walk sometime during the day (weather permitting). There are other state and national programs that can help keep your students moving. We have listed a few below.

### The Project ACES Club

Since Project ACES started back in 1989, millions of children have been motivated to exercise around the world! The feedback from teachers and students has been incredible! Some responses from participants asked, “why can’t we do this everyday?” That was a good question. Many teachers around the world have made ACES an in-school program. Some schools have started to do ACES everyday, once a week, or once a month; leading up to the main event in May where millions of children worldwide will exercise together. If you are interested in joining The Project ACES Club, go to <http://members.aol.com/acesday/acesclub.html> for more information and to sign up online. There is no cost for the program. There are four different levels of membership: Platinum, Gold, Silver, and Bronze.

The Platinum member has the same children exercise everyday in school (or the majority of school days). Examples include: 1) Some children may come into school early in the morning (an ACES school club), and exercise each day for 15 minutes before school starts along with the Physical Education Teacher. 2) A classroom teacher may do it everyday with the children in their room. 3) If the children have physical education every day, they can do it in their PE class.

The Gold member has the same children exercise once a week in school (or the majority of weeks). Examples include: 1) Some children may come into school early in the morning (an ACES school club), and exercise once a week for 15 minutes before school starts along with the Physical Education Teacher. 2) A classroom teacher may do it once a week with the children in their room. 3) If the children have physical education once a week, they can do it in their PE class.

The Silver member has the same children exercise once a month in school. Examples include: 1) Some children may come into school early in the morning

(an ACES school club), and exercise once a month for 15 minutes before school starts along with the Physical Education Teacher. 2) A classroom teacher may do it once a month with the children in their room. 3) The children can do it once a month in their physical education class.

The Bronze member. This membership is solely for Physical Education teachers. To be a member of this club, you must have every PE class exercise at the beginning of each class for 5-15 minutes.

## **International Walk to School Day** (happens during October each year)

In 1997, the Partnership for a Walkable America sponsored the first National Walk Our Children to School Day in Chicago modeled after the United Kingdom's lead. Back then, it was simply a day to create awareness of the need for communities to be walkable. By the year 2002, children, parents, teachers, and community leaders in all 50 states joined nearly 3 million walkers around the world to celebrate the second annual International Walk to School Day. The reasons for walking have grown just as quickly as the event itself.

Whether your concern is safer and improved streets, healthier habits, or cleaner air, Walk to School Day events are aimed at bringing forth permanent change to encourage a more walkable America -- one community at a time.

For more information on Walk to School Day go to [www.walktoschool.org](http://www.walktoschool.org). Many downloadable resources are also available for Walk to School Day including:

- Walkability and Bikeability Checklists
- Pedestrian and Bicycle Safety Education
- Activities
- Flyers
- Press Releases
- and much more.



These can be found at [www.walktoschool.org/resources/index.cfm](http://www.walktoschool.org/resources/index.cfm).

## **KidsWalk-to-School**

To support the national goal of better health through physical activity, CDC's Nutrition and Physical Activity program developed KidsWalk-to-School. This is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk and bicycle to and from school in groups accompanied by adults. This gives kids a chance to be more physically active, to practice safe pedestrian skills, and to learn more about their environment. At the same time, KidsWalk-to-School encourages people to change their neighborhoods for the better, working together to make



walking a safe and enjoyable part of everyone's lives. For more information or to download a "KidsWalk-toSchool" guide, go to [www.cdc.gov/nccdphp/dnpa/kidswalk](http://www.cdc.gov/nccdphp/dnpa/kidswalk).

## **WinterKids**

WinterKids is a non-profit organization committed to helping children develop lifelong habits of health, education, and physical fitness through outdoor, winter activity. They have seven exciting programs to help accomplish this goal. For more information on these programs, go to [www.winterkids.org](http://www.winterkids.org).



## **Maine Action for Healthy Kids**

The purpose of Maine Action for Healthy Kids is to bring together Maine nutrition and physical activity organizations that serve school children with the goal of raising healthy children. They coordinate and share statewide resources and information with parents, teachers, students, community members and partners. For more information, go to [www.healthymainekids.org](http://www.healthymainekids.org).

## **Take Time!**

The *Take Time!* Program provides participating Maine K-8 schools with creative ways to incorporate physical activity and nutrition messages throughout the school day. The *Take Time!* Program provides opportunities for all students to engage in 10-20 minutes of accumulated daily physical activity inside and outside of the classroom in addition to the existing physical education classes and recess. For more information, go to [www.maine-nutrition.org/Projects/TakeTime.htm](http://www.maine-nutrition.org/Projects/TakeTime.htm).



# **Nutrition and Physical Activity Resources**



## Nutrition and Physical Activity Resources

**The Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity (DNPA)** conducts science-based activities that address the role of nutrition and physical activity in health promotion and the prevention of chronic diseases. The programs include epidemiology, applied research, public health policy, surveillance, community interventions, evaluation, and communications. DNPA's **web site** offers information, publications and links about a variety of health issues that relate to **nutrition and physical activity**. <http://www.cdc.gov/nccdphp/dnpa/>

**Overweight and Obesity** - In the United States, obesity has risen at an epidemic rate during the past 20 years. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%. <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

**Factors Contributing to Obesity** - Obesity and overweight are chronic conditions. Overall there are a variety of factors that play a role in obesity. [http://www.cdc.gov/nccdphp/dnpa/obesity/contributing\\_factors.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/contributing_factors.htm)

**U.S. Obesity Trends 1985 - 2006 (Maps and Charts)**  
<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm>

**State-based Physical Activity Program Directory** - The DNPA State-based Physical Activity Program Directory site provides information about physical activity programs involving state departments of health. Use this site to research programs, gather ideas, and share information. <http://apps.nccd.cdc.gov/DNPAProg/>

**Pediatric and Pregnancy Nutrition Surveillance System** - These are program-based surveillance systems that monitor the nutritional status of low-income infants, children, and women in federally funded maternal and child health programs. <http://www.cdc.gov/pednss/>

**CDC's State-based Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases** - Created in 1999, the program currently works with 27 states (including Maine) to build lasting and comprehensive efforts to address obesity and other chronic diseases through a variety of nutrition and physical activity strategies. [http://www.cdc.gov/nccdphp/dnpa/obesity/state\\_programs/index.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/index.htm)

**2000 CDC Growth Chart Training Modules and Resources** - training modules show health care professionals how to use the pediatric growth charts to assess growth of infants, children, and adolescents. <http://www.cdc.gov/nccdphp/dnpa/growthcharts/training.htm>

**Promoting Active Lifestyles Among Older Adults** “No one is too old to enjoy the benefits of regular physical activity,” U.S. Surgeon General. Successful aging is largely determined by individual lifestyle choices and not by genetic inheritance. Few factors contribute as much to successful aging as having a physically active lifestyle. <http://www.cdc.gov/nccdphp/dnpa/physical/pdf/lifestyles.pdf>

### **Public Health Programs:**

**Fruits & Veggies - More Matters** - offers expert cooking advice, nutrition information and shopping tips. <http://www.fruitsandveggiesmorematters.org>

**Active Community Environments Initiative (ACES)** - A CDC-sponsored initiative to promote walking, bicycling, and the development of accessible recreation facilities. [http://www.cdc.gov/nccdphp/dnpa/physical/health\\_professionals/active\\_environments/aces.htm](http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/active_environments/aces.htm)

**2007 At-A-Glance: Physical Activity and Good Nutrition: Essential Elements to Prevent Chronic Diseases and Obesity** - A yearly summary of the National Centers for Chronic Disease Prevention and Health Promotion (NCCDPHP) ongoing activities and programs. <http://www.cdc.gov/nccdphp/publications/aag/pdf/dnpa.pdf>

**Kids Walk-to-School: A Guide to Promote Walking to School** - Kids Walk-to-School is a program that aims to get children to walk and bicycle to and from school in groups accompanied by adults. <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

**Morbidity and Mortality Weekly Report (MMWR)** The *MMWR* weekly contains data on specific diseases as reported by state and territorial health departments and reports on infectious and chronic diseases, environmental hazards, natural or human-generated disasters, occupational diseases and injuries, and intentional and unintentional injuries. Also included are reports on topics of international interest and notices of events of interest to the public health community. [www.cdc.gov/mmwr/](http://www.cdc.gov/mmwr/)

**Barriers to Children Walking and Biking to School – United States, 2004** - This report summarizes the results of CDC’s analysis of data from the 2004 Consumer Styles and a follow-up recontact survey. The analysis indicates that distance to school, followed by traffic-related danger, then weather pose the most common barriers to children walking and biking to school. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5438a2.htm>

**Physical Activity Evaluation Handbook** - US Department of Health and Human Services, Centers for Disease Control and Prevention; 2002. This handbook provides tools that state and local agencies and community-based organizations can use when evaluating physical activity programs. <http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

**Physical Activity and Health: A Report of the Surgeon General** - The Surgeon General's first report that specifically addresses physical activity and health. <http://www.cdc.gov/nccdphp/sgr/sgr.htm>

**VERB** - encourages young people ages 9-13 (tweens) years to be physically active every day. The campaign combines paid advertising, marketing strategies, and partnership efforts to reach the distinct audiences of tweens and adults/influencers. For more information, go to [www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)

### **Healthy Youth! - Physical Activity Publications**

Brochures for Parents, Teachers, and Principals to Increase Physical Activity Among Youth -- [www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm](http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm)

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People -- [www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm](http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm)

My Pyramid for Kids -- [www.mypyramid.gov/](http://www.mypyramid.gov/)

## **Other Resources**

**Bicycle Coalition of Maine** advocates bicycling safety, education, and access in Maine. Their vision is that as a result of the Bicycle Coalition of Maine's work, people living in and visiting Maine will have accessible and safe conditions where they may comfortably and responsibly bicycle. [info@Bikemaine.org](mailto:info@Bikemaine.org) ~ web: [www.bikemaine.org](http://www.bikemaine.org)

**Healthy Maine Walks** provides information on finding a walking route in Maine, how to create a walking route, and how to register your route -- <http://www.healthymainewalks.org>

**National Center for Bicycling and Walking** - their mission is to help create bicycle-friendly and walkable communities across North America by encouraging and supporting the efforts of individuals, organizations, and agencies. They provide easy access to the information, training, tools, and experts needed to foster active living through community design. [www.bikewalk.org](http://www.bikewalk.org)

**Pedestrian and Bicycle Information Center** - their mission is to improve the quality of life in communities through the increase of safe walking and bicycling as a viable means of transportation and physical activity. For more information contact: Pedestrian and Bicycle Information Center, 730 Martin Luther King Jr. Blvd., Suite 300, Campus Box 3430, Chapel Hill, NC 27599-3430 ~ Tel: 877-925-5245 ~ email: [pbic@pedbikinfor.org](mailto:pbic@pedbikinfor.org) ~ web: <http://www.bicyclinginfo.org>

**Walkable Communities, Inc.** is a non-profit corporation organized for the express purposes of helping whole communities, whether they are large cities or small towns, or parts of communities, i.e., neighborhoods, business districts, parks, school districts, subdivisions, specific roadway corridors, etc., become more walkable and pedestrian friendly. For more information contact: Walkable Communities, Inc., 120 N. Orange Ave., Orlando, Florida 32801 ~ Tel: 866-347-2734 ~ email: [walkable@aol.com](mailto:walkable@aol.com) ~ web: <http://www.walkable.org>

**BAM!** BAM is brought to you by The Centers for Disease Control and Prevention (CDC). BAM! was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. BAM! also serves as an aid to teachers, providing them with interactive activities to support their health and science curriculums that are educational and fun. Check them out at [www.bam.gov](http://www.bam.gov).

**Project Fit America (PFA)** - is a national non-profit public charity dedicated to getting kids fit. PFA donates to schools, grades K-12, fully funded cardiovascular health and lifetime fitness education programs. Formed in 1990 as a 501 (c) 3 corporation, PFA donates 75 cents of each dollar received to schools for the sole purpose of developing exemplary model schools for cardiovascular health and fitness. For more information, check them out at <http://www.projectfitamerica.org>.

**Move and Improve** -- is a 12-week program designed to increase your physical activity level. The Move & Improve goal is 30 minutes of physical activity, four days a week. Physical activity need not be continuous, but the minimum requirement is three 10 minute sessions, four days per week. For more information on how your school can participate, check out [www.moveandimprove.org](http://www.moveandimprove.org).

**March Into May** -- is a FREE 10-week health improvement program. Its design allows for a fun and effective way to increase physical activity for anyone that participates, by helping them find what works best for them. The goal of the program is to improve the health of participants by motivating them to increase physical activity through activities they enjoy. For more information, check out [www.marchintomay.org](http://www.marchintomay.org).

**Maine in Motion** -- is an 8 or 12-week statewide physical activity program (8 weeks for schools, 12 weeks for worksites), designed to increase the daily physical activity levels of Maine residents by tracking time doing physical activity or tracking steps using a pedometer. Participants are encouraged to involve friends and family in their physical activity. Participants can either use a paper log or log their activity online. Students can earn gold, silver, or bronze challenge medals. For more information, check out [www.maineinmotion.org](http://www.maineinmotion.org).

**Contest for Communities** -- a program of the Maine Governor's Council on Physical Activity. This celebration recognizes communities, workplaces, organizations, and individuals that are working to improve physical activity in their respective areas. There are categories for both youth - community programs and school programs. Check it out at [www.maineinmotion.org/contest\\_communities.asp](http://www.maineinmotion.org/contest_communities.asp).

## How-To Web Sites

The following websites give instructions on how to do some of the activities listed in the celebration suggestion section.

**How to Do the Macarena** -- [www.partydirectory.com/guide/macarena.htm](http://www.partydirectory.com/guide/macarena.htm)

**How to Do the Virginia Reel** -- <http://ftp.apci.net/~drdeyne/dances/vareel.htm>

**How to Do the Chicken Dance** -- <http://members.tripod.com/~PhysEd/chickendance.htm>

**How to Play British Bulldog** -- [www.partydirectory.com/games/g002.htm](http://www.partydirectory.com/games/g002.htm)

**How to Play Blob Tag** -- [www.funattic.com/game\\_tag.htm](http://www.funattic.com/game_tag.htm)

# Participating Maine Schools



## Participating Schools

Below is a list of schools and other sites in Maine who have participated in ACES at least once since the Maine Governor's Council on Physical Activity began promoting it in Maine in 1997. Many schools on this list have participated in ACES on a regular basis. If you participated and do not see your school's name on this list, please contact us. There are schools who may have participated in ACES but did not return a participation form. We rely on returned participation forms for our data.

School	City/Town
Abraham Lincoln School	Bangor
Academy Hill School	Wilton
Acton Elementary School	Acton
Agnes Gray Elementary School	West Paris
Albert S. Hall School	Waterville
Alexander Elementary School	Alexander
Alfond Youth Center	Waterville
Alfred Elementary School	Alfred
Athens Elementary School	Athens
Atwood Primary School	Oakland
Auburn Middle School	Auburn
Baldwin Consolidated School	W. Baldwin
Bath Middle School	Bath
Beals Elementary School	Beals
Beech Hill School	Otis
Belgrade Central School	Belgrade
Benedicta Elementary School	Benedicta
Benton Elementary School	Benton
Berwick Academy	South Berwick
Berwick Elementary School	Berwick

School	City/Town
Biddeford Primary School	Biddeford
Blue Point School	Scarborough
Bonny Eagle Middle School	Buxton
Boothbay Region Elementary School	Boothbay Harbor
Boothbay Region YMCA	Boothbay Harbor
Bowdoinham Community School	Bowdoinham
Bradford Elementary School	Bradford
Bridgewater Grammar School	Bridgewater
Brooklin School	Brooklin
Bryant E. Moore School	Ellsworth
Brown Elementary School	South Portland
Brownville Elementary School	Brownville
Brunswick Jr. High School	Brunswick
Bucksport Middle School	Bucksport
Burnham Village School	Burnham
Ca Snow Elementary School	Fryeburg
Calais Elementary School	Calais
Calais High School	Calais
Calais Middle School	Calais
Canaan Elementary School	Canaan
Canton Elementary School	Canton
Cape Elizabeth Middle School	Cape Elizabeth
Cape Cod Hill Elementary School	New Sharon
Capri Street School	Brewer
Carl J. Lamb School	Springvale
Carrie Ricker Middle School	Litchfield
Cascade Brook School	Farmington
Cave Hill School	Eastbrook
Central Elementary School	S. Berwick
Charles C. Knowlton School	Ellsworth
Charlotte Elementary School	Charlotte
Chebeague Recreation Center	Chebeague Island

School	City/Town
C.K. Burns School	Saco
Coastal Ridge Elementary School	York
Coffin Elementary School	Brunswick
Cornish Elementary School	Cornish
Cushing Community School	Cushing
D.R. Gaul Middle School	Union
Dawn F. Barnes School	Limestone
Dedham School	Holden
Deer Isle - Stonington	Deer Isle
Denmark Elementary School	Denmark
Dexter High School	Dexter
Dike-Newell Elementary School	Bath
Dixfield Elementary School	Dixfield
Dresden Elementary School	Dresden
Earl C. McGraw Elementary School	Hampden
East Auburn Community School	Auburn
East Belfast School	Belfast
East End Community School	Portland
East Grand School	Danforth
Easton Elementary School	Easton
Eastport Elementary School	Eastport
Edmunds Consolidated School	Edmunds Township
Edna Drinkwater School	Northport
Edna Libby Elementary School	Sebago Lake
Edward Little High School	Auburn
Eight Corners Elementary School	Scarborough
Eliza Libby Elementary School	Bar Mills
Elm Street School	Mechanic Falls
Ellsworth Middle School	Ellsworth
Embden Elementary School	North Anson
Emerson School	Sanford
Enfield Station Elementary School	Enfield

School	City/Town
Eva Hoyt Zippel School	Presque Isle
Fairfield and Young School	Saco
Fairmount School	Bangor
Fairview Elementary School	Auburn
Falmouth Middle School	Falmouth
Farrington Elementary School	Augusta
Farwell Elementary School	Lewiston
Fayette Central School	Fayette
Fisher-Mitchell School	Bath
Fort Kent Community High School	Fort Kent
Fort Kent Elementary School	Fort Kent
Fort Street Elementary School	Mars Hill
Fourteenth Street School	Bangor
Frank Jewett School	Buxton
Fred C. Westcott School	Westbrook
Fred Morrill Elementary School	Parsonsfield
Friendship Village School	Friendship
Frisbee Elementary School	Kittery
Fruit Street School	Bangor
Garland Elementary School	Garland
Gateway Elementary School	Van Buren
George B. Weatherbee Elementary School	Hampden
George J. Mitchell School	Waterville
George Robertson School	Belfast
Georgetown Central School	Georgetown
Gerald D. Cushing School	Wilton
Gilbert Elementary School	Augusta
Gilford Butler School	South Thomaston
Glenburn Elementary School	Glenburn
Gouldsboro Grammar School	Gouldsboro
Gov. John Fairfield School	Saco
Governor Anderson School	Belfast

School	City/Town
Governor Baxter School for the Deaf	Falmouth
Granite Street School	Millinocket
Great Salt Bay Community School	Damariscotta
Greater Portland YMCA	Portland
Greene Central School	Greene
Guy E. Rowe Elementary School	Norway
H.B. Emery Jr. Memorial School	Limington
Hampden Schools - Adapted Physical Education	Hampden
Harmony Elementary School	Harmony
Harpswell Islands School	Harpswell
Harrison Elementary School	Harrison
Harrison Lyseth Elementary School	Portland
Hartford-Sumner Elementary School	Sumner
Hartland Consolidated School	Hartland
Hebron Elementary School	Hebron
Hebron Station School	Hebron
Helen A. Thompson School	West Gardiner
Helena Dyer Elementary School	Portland
Henry L. Cottrell School	Monmouth
Hermon Elementary School	Herman
HERNE School of Discovery	York
Hichborn Middle School	Howland
Hilltop Elementary School	Caribou
Hiram Elementary School	Hiram
Hodgdon Elementary/Middle School	Hodgdon
Hollis Elementary School	Hollis Center
Hope Elementary School	Hope
Houlton Elementary School	Houlton
Houlton High School	Houlton
Houlton Junior High School	Houlton
Houlton Southside School	Houlton
Howard C. Reiche Community School	Portland

School	City/Town
Indian Island School	Indian Island
Indian Township School	Princeton
Jack Memorial Elementary School	Buxton
Jameson Elementary School	Old Orchard
Jay High School	Jay
Jay Middle School	Jay
John F. Kennedy Memorial School	Biddeford
Jordan Acres School	Brunswick
Jordan Small Middle School	Raymond
Kaler Elementary School	South Portland
Katahdin Elementary School	Stacyville
Katahdin High School	Sherman Station
Katahdin Middle School	Sherman Station
Katahdin Junior/Senior High School	Stacyville
Kennebec Valley YMCA - Manchester	Manchester
Kennebec Valley YMCA Childcare	Augusta
Kennebunk Elementary School	Kennebunk
Kennebunk Middle School	Kennebunk
Kermit S. Nickerson School	Swanville
Kidsville Day Care	Newport
Kids Peace - New England	Ellsworth
Kingfield Elementary School	Kingfield
Koala Child Care/Learning Center	Westbrook
Lafayette School	Sanford
Lake Street Elementary School	Auburn
Lamoine Consolidated School	Lamoine
Laura E. Richards School	Gardiner
Leeds Central Elementary School	Leeds
Lee-Winn Elementary School	Winn
Legion Memorial School	West Paris
Leroy H. Smith School	Winterport
Lewiston High School	Lewiston

School	City/Town
Libby-Tozier Elementary School	Litchfield
Lil' Folk Farm (Day Care Center)	Scarborough
Lincoln Middle School	Portland
Line Elementary School	West Newfield
Lisbone Community School	Lisbon
Little Giggles Childcare	Lisbon
Little Learners Preschool	Belfast
Long Island Elementary School	Long Island
Longfellow School	Portland
Longfellow Elementary School	Brunswick
Loranger Middle School	Old Orchard Beach
Lura Libby Elementary School	Thomaston
Lyseth Elementary School	Portland
Machias Valley Christian School	Machias
Madawaska Elementary School	Madawaska
Madison Avenue Elementary School	Oxford
Madison Elementary School	Madison
Maine Street Elementary School	Madison
MaineGeneral Health - Early Learning Center	Augusta
Manchester Elementary School	Manchester
Manchester School	Windham
Manson Park School	Pittsfield
Mapleton Elementary School	Mapleton
Marada Adams School	Portland
Margaret Chase Smith School	Sanford
Margaret Chase Smith School	Skowhegan
Marion C. Cook School	Milo
Marion T. Morse School	Lisbon Falls
Martel Elementary School	Lewiston
Mary Snow School	Bangor
Mast Landing School	Freeport
Mattanawcook Academy	Lincoln

School	City/Town
Mattanawcook Jr. High School	Lincoln
McDougall Elementary School	Rockland
Medway Middle School	Medway
Middle School of the Kennebunks	Kennebunk
Mildred L. Day School	Arundel
Mildred M. Fox School	South Paris
Mill Pond School	Hodgdon
Miller Grade School	Waldoboro
Milo Elementary School	Milo
Minot Consolidated School	Minot
Molly Ockett Middle School	Fryeburg
Mitchell Primary School	Kittery Point
Monmouth Middle School	Monmouth
Morrison Development Center	Portland
Mountain Valley Middle School	Mexico
Mountain View School	Sullivan
MSAD #1 Alternative School	Presque Isle
MSAD #40	Waldoboro
Mt. Ararat Middle School	Topsham
Mt. Blue Middle School	Farmington
Mt. Desert Elementary School	Northeast Harbor
Mt. Desert Island High School	Mt. Desert
Mt. View Elementary School	Thorndike
Narragansett Elementary School	Gorham
Narraguagus High School	Harrington
Nathan Clifford Elementary School	Portland
New Suncook School	Lovell
New Sweden Consolidated School	New Sweden
Newburgh Elementary School	Newburgh
Newport Elementary School	Newport
Newport Jr. High School	Newport
Noble Middle School	Berwick

School	City/Town
North Berwick Elementary School	North Berwick
North Elementary School	Skowhegan
Ogunquit Village School	Ogunquit
Opal Myrick Elementary School	East Millinocket
Orland Consolidated School	Orland
Otisfield Community School	Otisfield
Otisfield Elementary School	Otisfield
Owls Head Central School	Owls Head
Oxford Elementary School	Oxford
Oxford Hills Comprehensive High School	South Paris
Oxford Hills Middle School	South Paris
Paris Elementary School	South Paris
Peaks Island School	Peaks Island
Peirce Elementary School	Belfast
Peninsula School	Winter Harbor
Percival P. Baxter School	Portland
Peru Elementary School	Peru
Pettingill Elementary School	Lewiston
Phillips Elementary School	Phillips
Pine Street Elementary School	Presque Isle
Pittston Consolidated School	Gardiner
Pleasant Hill School	Scarborough
Portland High School	Portland
Pownal Elementary School	Pownal
Presque Isle Middle School	Presque Isle
Prides Corner School	Westbrook
Princeton Elementary School	Princeton
Rangeley Lakes Regional School	Rangeley
Raymond Elementary School	Raymond
Readfield Elementary School	Readfield
Reeds Brook Middle School	Hampden
Richmond High School	Richmond

School	City/Town
River View Community School	South Gardiner
Robbinston Grade School	Robbinston
Robert W. Traip Academy	Kittery
Rockland District Middle School	Rockland
Rockport Elementary School	Rockport
Rockwood Elementary School	Rockwood
Rumford Elementary School	Rumford
Rumford Group Home - Roy House	Rumford
Sabattus Elementary School	Sabattus
Saccarappa School	Westbrook
SAD #17 - Central Office	Oxford
Samuel D. Hanson School	Buxton
Samuel L. Wagner Middle School	Winterport
Sanford High School & Vocational Center	Sanford
Sanford Jr. High School	Sanford
Sanford-Springvale YMCA	Sanford
Sea Road School	Kennebunk
Shapleigh Memorial Elementary School	Shapleigh
Shapleigh Middle School	Kittery
Shead High School	Eastport
Sherwood Heights School	Auburn
Somerville Elementary School	Somerville
South School	Rockland
South Hiram Elementary School	Hiram
Southern Aroostook Community School	Dyer Brook
Southport Central School	Southport
St. Francis Elementary School	St. Francis
St. George School	Tenants Harbor
Starks Elementary School	Anson
State Street School	Brewer
Steep Falls Elementary School	Steep Falls
Stevens Brook Elementary School	Bridgton

School	City/Town
Stockholm Elementary School	Stockholm
Stratton Elementary School	Stratton
Surry Elementary School	Surry
Sweetser Children's Services	Saco
The Children's Center	Portland
The Little Dolphin School	Westbrook
The Spurwink Schools -- Chelsea Day Treatment	Chelsea
Thomas J. McMahon Elementary School	Lewiston
Troy Central School	Troy
Turner Elementary School	Turner
Turner Primary School	Turner
Union Elementary School	Union
Unity Elementary School	Unity
Unlimited Vision Montessori School	Alfred
Van Buren District School	Van Buren
Van Buren Elementary School	Van Buren
Veazie Community School	Veazie
Vickery School	Pittsfield
Village School	Gorham
Vivian E. Hussey Primary School	Berwick
W. G. Mallett School	Farmington
Walker Elementary School	Liberty
Wallagrass Elementary School	Wallagrass
Walton Elementary School	Auburn
Washburn District High School	Washburn
Washburn Elementary School	Auburn
Waterford Memorial Elementary School	Waterford
Weatherbee Elementary School	Hampden
Webster Intermediate School	Auburn
Weld Elementary School	Weld
Wellington Elementary School	Monticello
Wells Elementary School	Wells

School	City/Town
Wells High School	Wells
Wells Jr. High School	Wells
Wentworth Intermediate School	Scarborough
West Harpswell Elementary School	Harpswell
Whitefield Elementary School	Whitefield
Willard School	Sanford
Williams-Cone Elementary School	Topsham
Windham High School	Windham
Windham Primary School	Windham
Windsor Elementary/Jr. High School	Windsor
Winter Harbor Grammar School	Winter Harbor
Wiscasset Middle School	Wiscasset
Wisdom Middle/High School	St. Agatha
Woodland Consolidated School	Woodland
Woodland Elementary School	Baileyville
Woodside Elementary School	Topsham
Woodstock Elementary School	Bryant Pond
Woolwich Central School	Woolwich
Yarmouth Elementary School	Yarmouth
York Village Elementary School	York
Young School	Saco
YWCA Bangor-Brewer	Bangor
YWCA Child Care Service	Portland
Zippel Elementary School	Presque Isle



# Participation Numbers Since 1997



## Participation Numbers Since 1997

The Maine Governor's Council on Physical Activity began promoting ACES in Maine in 1997. Below is a list of how our numbers have grown. We continually hear about schools who have participated in ACES, yet we do not have returned data sheets from them. Consequently, our participation numbers are stated lower than they actually are. Again, if you participate in ACES, please contact our office.

### **1997 Participation:**

28 Schools  
(Participation numbers were not collected for this year)

### **1998 Participation:**

49 Schools  
Total Participation of 12,244

### **1999 Participation:**

50 Schools  
Total Participation of 9,980

### **2000 Participation:**

27 Schools  
1 DayCare  
Total Participation of 5,487

### **2001 Participation:**

65 Schools  
1 DayCare  
Total Participation of 15,405

### **2002 Participation:**

76 Schools  
1 YMCA  
1 DayCare  
Total Participation of 17,449

### **2003 Participation:**

81 Schools  
1 YMCA  
4 DayCares  
Total Participation of 21,057

### **2004 Participation:**

88 Schools  
1 YMCA  
1 YWCA  
4 DayCares  
Total Participation of 22,281

### **2005 Participation:**

102 Schools  
2 YMCAs  
2 Preschools  
Total Participation of 25,236

### **2006 Participation:**

80 Schools  
2 YMCAs  
1 Preschool  
Total Participation of 19,456

### **2007 Participation:**

124 Schools  
1 YMCA  
Total Participation of 33,823

### **2008 Participation:**

122 Schools  
3 YMCA  
1 Day Care  
Total Participation of 32,978

## Participation Number (continued)

### **2009 Participation:**

111 Schools

2 YMCA

1 Day Care

Total Participation of 36,216