

Name of Participant/Age:

Parent/Guardian Name:

Address: _____

Telephone: _____

Emergency Contact: _____

Telephone: _____

Address: _____

Physical exam in the last year: Y N

List medical conditions/injuries that would prevent your child from participating in our fitness day: _____

I understand this event is voluntary and Family Redirection Institute, Inc. is not liable for any injuries sustained while participating in any event activity during this event. I also understand that my child and/or myself may be photographed or video taped. I understand images will not be sold or used for profit. Images are solely for the purpose of this event.

Signature: _____

Witness: _____

Movement is a medicine for creating change in a person's physical, emotional and mental status.

Carol Welch



www.techniquetrackclub.com

FAMILY REDIRECTION INSTITUTE



"EMPOWERING FAMILIES TO CREATE A POSITIVE CHANGE IN OUR COMMUNITY."

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Thank you for your support!

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C4 Celebrity Community Charity Challenge



PHYSICAL FITNESS & HEALTH DAY

Wednesday, Aug. 10, 2011

3p.m. - 6p.m.

**Briarfield Park
1560 Briarfield Rd.
Hampton, VA 23661**

Registration July 12-Aug. 2, 2011

Fun Exercises for Kids at Home

Before Exercising warming up and doing stretches is important . Kids should have 10-15 minutes of warm-ups before they are ready for physical activity. A warm up should consist of light activity such as walking and jogging.

Fun Exercise Activities

- Put on a favorite songs to skip rope to, or do dance movements, Simone Says. Skipping is a total body workout.
- YOGA. To keep it interesting call the different poses of YOGA cool names such as dragon, smart cat, fish , and dog...
- Wii Fit contains games such as yoga, skiing, tennis, boxing and soccer. Kids have so much fun they won't realize they are exercising.

Easy Exercises to do at Home

Design fitness challenge for your kids to be accomplish in 15–30 minutes session once or twice a day. Offer rewards for accomplishing certain goals like 40 quick jumps touching as high as they can reach, 100 skips, 40 sit-ups or 20 push-ups. Keep record of their progress; shower them with compliments and reward.

Nutrition is Important for everyone because food gives our bodies the nutrients they need to stay healthy, grow, and work properly. Foods are made up of six classes of nutrients, each with its own special role in the body:

- *Protein builds muscles and a strong immune system.*
- *Carbohydrates (including starches and sugars) give you energy.*
- *Fat gives you extra energy.*
- *Vitamins regulate body processes.*
- *Minerals regulate body processes and also make up body tissues.*
- *Water gives cells shape and acts as a medium where body processes can occur.*

Having good nutrition means eating the right types of foods in the right amounts so you get these important nutrients.

20 Nifty Nutritious Snacks for Kids

Toasted Peanut Butter Sandwiches
Frozen Ice Pops
Homemade Granola Bars
Crunchy Bananas
(Bananas dipped in Orange Juice and baked)
Applesauce
Peanut Butter Bagels
Smoothie
Quesadillas
Fruit Parfait
Ants on a Log (Banana, Peanut Butter & Raisins)
Yogurt
Fruit Kabobs
Fresh Fruit Roll-Ups
Ham and Cheese Pinwheels
Trail Mix (Granola & Unsalted Mixed Nuts)
Grilled Cheese
Jello Cups
Celery & Peanut Butter
Oh So Delicious Oatmeal
Zucchini Muffins
Perfect Pineapple Pops

PHYSICAL FITNESS & HEALTH DAY

Family Redirection Institute's staff has partnered with Health & Fitness Professionals in the community to follow the vision of the First Lady, Michelle Obama's Campaign "LET'S MOVE" to help combat obesity by promoting physical activity and providing health and nutrition training for the youth within our community. Technique Track Club of Hampton, VA has taken the lead to develop a series of activities and exercises that can be done by youth to promote physical fitness

FIVE (5) MAIN COMPONENTS OF PHYSICAL FITNESS

Cardio-Respiratory Endurance

The ability to remain fit without feeling tired or fatigue during physical exercise measures the physical fitness of a person. Swimming, cycling, walking, jogging and aerobics are the classical examples of exercises and sports related to cardio-respiratory endurance.

Muscular Endurance

The ability of the muscles to perform an action without feeling fatigue is known as muscular endurance. To increase muscular endurance, try exercises such as jogging, bicycling and dancing.

Muscular Strength

Muscular strength is the ability of the muscle to exert strength during a workout or an activity. The physical fitness of muscle strength could be improved through exercise such as lifting weights.

Physical Flexibility

Physical Flexibility is measured by the flexibility of your joints. Good flexibility in the joints, injuries related to joints could be prevented. Exercises such as stretching and swimming would help to improve physical flexibility.

Body Composition

The fat, muscle, bones and other vital organs of the body are known as the body composition. The overall physical level of an individual depends on his body composition.