

# HOME CHALLENGES

## 12 Days of Fitness Home Challenge

### Copy for school health facilitators/champions

This home challenge is to encourage students and their families to stay active during the winter months. It works well in conjunction with the *12 Days of Fitness* monthly campaign.

Encourage staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for 12 days (attached).

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### Email for SHF/SHC to send to staff

*Please personalize as you see fit.*

Hello **[School name]** staff,

The winter months make it challenging to get enough physical activity. When students don't move enough, they don't function in a healthy way at school. That's why I encourage you to get your students onboard with a fun home challenge: The 12 Days of Fitness!

All you need to do is:

- Read through the home challenge to become familiar with it (attached).
- Explain the activity and give each student an instruction and tracking sheet to take home.

- Remind students throughout the week to participate and have fun with the challenge.

After day 12, please collect completed and signed challenges and hand them in to me. Encourage students take advantage of this leadership opportunity and try the exercises with their parent/guardian and any other family members.

Encourage participation by offering a healthy class reward like (choose a healthy celebration).

And remember to have fun!