



2021-2022

# Healthy Futures Challenge Guide

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## Contact Information

### Staff Contacts

**Contact for: Challenge registration, online App help, and incentive requests**

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**Contact for: Events, program information, and sponsorship**

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**Contact for: Guest speaker appearances and program information**

Harlow Robinson  
Executive Director  
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**Contact for: Middle School Challenge, Development and Fundraising:**

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### Web links

**Healthy Futures website**

Healthy Futures is the signature program of the Alaska Sports Hall of Fame  
[www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Healthy Futures Facebook page**

Follow us on Facebook at [www.facebook.com/healthyfuturesAK](https://www.facebook.com/healthyfuturesAK) to learn about challenge details and upcoming community events throughout Alaska.

Alaska Sports Hall of Fame [www.alaskasportshall.org](http://www.alaskasportshall.org)

**[PLAAY \(Positive Leadership for Active Alaska Youth\) www.plaay.org](http://www.plaay.org)**

### Partners

**Play Every Day**

Includes tips and suggestions for families to get out and play every day.

[www.playeveryday.alaska.gov](http://www.playeveryday.alaska.gov)  
[www.facebook.com/playeverydayak](https://www.facebook.com/playeverydayak)  
[obesity@alaska.gov](mailto:obesity@alaska.gov)

**Providence of Alaska**

<http://alaska.providence.org>

**Alaska Kidney Foundation**  
[foundation-fund/](http://alaskacf.org/blog/funds/alaska-kidney-foundation-fund/)

<https://alaskacf.org/blog/funds/alaska-kidney-foundation-fund/>

**Alaska Native Tribal Health Consortium** <http://anthc.org/>

**Mat-Su Health Foundation** <http://healthymatsu.org/>



## About Healthy Futures

### Who is Healthy Futures?

Healthy Futures is the signature program of the 501(c)3 nonprofit Alaska Sports Hall of Fame, Inc. Healthy Futures works to empower youth to build the habit of daily physical activity through core programs, such as the Healthy Futures Challenge and supporting community physical activity events.

### How can Healthy Futures offer this challenge for free?

We are able to offer the Healthy Futures Challenge free to all students through partnerships, sponsorships, and donations. Our Olympian sponsors are the Alaska Department of Health and Social Services and Providence Health & Services Alaska. Our Champion sponsors are Alaska Kidney Foundation, Tudor Bingo, MatSu Health Foundation and the Carr Foundation. Healthy Futures also supports its programming through individual, corporate, and community fundraising.

### How do I get started?

This is a step-by-step guide to participating in the Healthy Futures Challenge. The guide includes our contact information if you have any additional questions.

If data is not received by the deadlines listed below, your school may not receive that month's incentives.

## Challenge Dates

Challenge Month	Students Return Completed Logs to Teacher by:	Teachers Enter Students' Participation in Healthy Futures Database
<b>2021 Fall Challenge</b>		
September	September 30 <sup>th</sup>	October 6 <sup>th</sup>
October	October 31 <sup>st</sup>	November 5 <sup>th</sup>
November	November 30 <sup>th</sup>	December 6 <sup>th</sup>
<b>2022 Spring Challenge</b>		
February	February 28 <sup>th</sup>	March 7 <sup>th</sup>
March	March 31 <sup>st</sup>	April 6 <sup>th</sup>
April	April 30 <sup>th</sup>	May 6 <sup>th</sup>



## Challenge Overview

We hope this finds you well. Due to COVID-19, this school year is different for all of us, and our goal is to provide a resource that works for ALL students, whether they are learning at home or in school. Keeping our kids physically active is as important as ever now during our current situation. This year we are providing some new options (described below) that we hope you'll like. The Fall Challenge is September, October, and November. The spring Challenge is February, March, and April.

### How does this work?

Each month of the challenge period, you give students an Activity Log (downloadable at <http://healthyfuturesak.org/the-challenge/elementary-schools/challenge-resources/>) with a deadline for returning them to you. Students complete the Activity Log each month and return the log to you. You will enter the student information into the Healthy Futures online database (see page 5). You then award the students who completed the Activity Log with an incentive provided by Healthy Futures.

### What are the incentives for participation?

In an effort to encourage students' habit building behavior around physical activity, we incentivize students to complete all six logs in a year by presenting a student from every school with a grand prize. The more logs completed, the better the chance of winning.

Here's how it works:

- Each month students will receive an incentive for successfully completing an activity log. They'll also receive a raffle ticket to place in a raffle box for a grand prize at the end of the year.
- You'll draw one ticket at the end of the year (one winner at each school!), and that student will choose from a menu of items including a yard game of disc golf, spikeball, ladder ball or cornhole, or a Healthy Futures hoodie.

And for our partner teachers:

- We will conduct periodic drawings for school coordinators whose schools have participated every month and have had at least 20% participation in both the Spring and Fall Challenges.

### How do I let Healthy Futures know who participated?

Our online database was designed to streamline the process of requesting incentives. Please review the instructions on page 5. Initially, you will need to enter each participating student's name, but then will be able to roll the names over from challenge to challenge.

You should enter your students' participation using the Healthy Futures online database after the end of each challenge month by the deadline listed on page 2.



## What can my school win?

Schools in each tier will be recognized with a **performance banner** for 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place. Tiers are based on the population of the school: Tier 1 is 401 or more, Tier 2 is 201-400, Tier 3 is 41-200, and Tier 4 is 40 or less. Within each tier, the top three schools with the highest percentage of participation will be recognized with placement based on the average logs per participant calculation. **Schools must update their current enrollment number in order to be eligible for prizes.**

Schools also earn **longevity banners** when they complete 5, 10, 15 or 20 challenges.

## Is there a grand prize for students?

**Yes! One student from each school will be drawn for a grand prize at the end of the school year!** Each month, you'll drop the qualifying students a raffle ticket in the box when you distribute the monthly incentive. **Make sure to write their name on the ticket** and drop it in your school's provided raffle box. Students who complete more logs will have more chances to win! At the end of the school year, you'll draw one student's name, and she or he may choose from a menu of prizes that includes fun yard games and a Healthy Futures hoodie! We encourage you to publicly award the grand prize and promote it in an effort to encourage enthusiasm around the Challenge and getting active.

## What counts as a qualifying log?

Qualifying logs must show **at least 60 minutes** of physical activity during a day, for at least **15 days** of the month. Students can count their active time during PE class and recess. This helps students get closer to the national recommendation of 60 minutes of physical activity every day for good health.

While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

## What can I do to help?

You can help by registering your school to take the Challenge and discussing ideas with your students on ways they can be physically active. The decision to continue the incentive-based Activity Logs is based on the level of participation, available resources, and your feedback.



## Getting Started: Step-by-Step

1. Register for the challenge at <http://database.healthyfuturesak.org/>

2. Download an activity log

To download the log, visit <http://healthyfuturesak.org/the-challenge/elementary-schools/>. Copies can be made for students. In being responsive to the varied needs due to COVID-19 we have options for you this year:

**Traditional Activity Log:** We have versions for either filling out by hand or completing electronically with auto-fill function (students would need access to PDF reader).

**Bonus Activity Log:** We've added some other important health indicators to this one. Students can also track whether they meet daily goals for fruit/vegetable consumption, hours of sleep, and drinking non-sugary drinks. We have both paper and electronic versions.

3. Download materials

The materials found in this guide are also available at: [www.healthyfuturesak.org](http://www.healthyfuturesak.org).

4. Teach students about the challenge

- Discuss which activities increase your heart rate and are vigorous.
- Challenge and set goals with your students. **For good health, children and youth should get at least 60 minutes of physical activity every day.**
- Tell students and families about Healthy Futures events and how daily physical activity will help prepare their bodies for participating.

5. Communicate with parents

- Send letters to parents to announce the Healthy Futures Challenge and school goals for participation. Feel free to adapt the letter on page 9 and on the Resources page on the Healthy Futures site to meet your individual needs.
- Consider asking parents to sign and return the letter with a commitment to participate and help their children get in the habit of daily physical activity.
- Direct parents to the Family Resources page on our website: <http://healthyfuturesak.org/the-challenge/family-resources/>

6. Accept and record completed logs

Record student names and number of qualifying logs through the Healthy Futures online database. Qualifying logs must show **at least 60 minutes** of physical activity during a day, for at least **15 days** of the month. Students can count their active time during PE class and recess. This helps students get closer to the national recommendation of 60 minutes of physical activity every day for good health.



You do not need to send the logs to Healthy Futures, but please store completed logs on site until the end of the year.

**7. Award Incentives** – Awarding incentives publicly can be an effective way to encourage students to participate. You will typically receive the incentives in the mail from Healthy Futures about two weeks after the end of each log. Because of COVID-19 we will accommodate schools that request alternate addresses for delivery.

**Fall Challenge Incentive Schedule:**

- September: Play Every Day Buff (neck gaiter)
- October: Puzzle Ball
- November: Airplane Glider or Football Rocket

**Spring Challenge Incentive Schedule:**

- February: To Be Determined
- March: To Be Determined
- April: To Be Determined



## Healthy Futures Online Database Instructions

Healthy Futures has an online database to track student participation in the Healthy Futures Challenge. It must be completed in order for your students to receive incentives and be eligible for the grand prize drawing. **The data we receive from you is critical for our program to receive annual funding.**

If you have any questions or need assistance with the database, please contact us. You may request a visit or a call to get you started or to answer any questions.

**Register:** Go to <http://database.healthyfuturesak.org> and click “Register.” Enter your school’s information in the dialog box that appears and click “Register” again. The email address you enter will be used for communications from Healthy Futures and it will be your sign-in for future use of the database.

**Sign In:** Go to <http://database.healthyfuturesak.org> and select the appropriate Challenge from the drop down list. Then, under “Sign in to Fall 2021” (or whatever the current Challenge is), select your school from the drop down. Enter the email address you used to register to sign in.



**Add A Student:** Once you're signed in, click the "+" to enter a student name. You must enter a teacher name, as well, although this is for your use and not Healthy Futures' use. Click "Save" and continue entering student names until you're done. Click "Close" and you will see the student names listed.

HEALTHY FUTURES / ADMIN / SCHOOLS / ABBOTT LOOP ELEMENTARY

STUDENTS COMPLETING LOG 1: 0

STUDENTS COMPLETING LOG 2: 0

STUDENTS COMPLETING LOG 3: 0

STUDENTS COMPLETING ALL 3: 0

Viewing Challenge: Fall 2016

Students - Showing 2

Search..

FIRST NAME	LAST NAME	TEACHER	LOG 1	LOG 2	LOG 3	
Test Student 2	Test Student 2 Last	Ms. Teacher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Edit Delete
Test Student First	Test Student Last	Ms. Teacher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Edit Delete
TOTALS	(2 Students)					

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From the Student Log screen, you are able to sort by First Name, Last Name, or Teacher by clicking on the column header.

**The online App contains basic fields to record your students' log participation. It is only necessary to enter students' names once per school year. For the Spring Challenge, use the "PULL" button ( → ) located on the right hand side of the screen to use the same student names entered in the Fall Challenge. This function also allows us to track students who participate the entire year.**



**Entering Submitted Logs and Requesting Incentives:** Each time a student turns in a log, click on the corresponding column noting an activity log was completed. The information automatically saves, and there is no need to click a “save” button. Once entered, the information is automatically available for the Healthy Futures staff. As a reminder, you do not need to send the logs to Healthy Futures, but please keep them on site until the end of year.

**Editing Your Registration:** You can edit your registration information (contact name, contact email and phone, school address, etc.). Once you’re signed in, click on the button next to the “+” sign that looks like a pen and paper. Edit your information and click “save.” **It is important that you update your school’s enrollment number at least once per year to ensure your participation percentage is calculated correctly and you are eligible for prizes!**

**Exporting Student Names:** The database allows you to export a list of all your students’ names that will also show which students have completed each log. This can be useful for distributing incentives.

You can export the list once you’ve signed in by clicking the Export All button that looks like an Excel symbol (the middle of the 5 buttons on the right-hand side of your screen).

**Note that you will not be able to export this list once the challenge is closed** (early December for the Fall Challenge and early May for the Spring Challenge), so be sure to export your list as soon as you enter the student names if you will need access to it.

You can also export a list of the students who have completed all three logs in a challenge by clicking the further right of the two Excel symbols.

**Entering Late Logs:** At the discretion of Healthy Futures staff, coordinators will be given the ability to enter logs after the official deadline. In order to do so, click the lock button next to the log for which you wish to enter logs. When the dialog box appears, confirm that you wish to enter late logs and then enter your logs as normal. Healthy Futures staff will receive an email notifying us that you have entered logs, so we know to send extra incentives.

Please note: Entering late logs may delay receipt of incentives for **all** schools across the state. Please try your best, for the sake of your peers, to enter logs before the deadline.



## Sample Parent Letter

Dear Parents,

Welcome to the new school year! I am looking forward to working with you and your child, and I'm pleased to announce our school will be participating in the Healthy Futures Challenge this year.

The contest will run for three months, [insert names of months].

**What is Healthy Futures?** Founded by concerned parents, Healthy Futures is a statewide, grassroots movement to help youth build positive, lifelong physical fitness habits through two core programs: the Healthy Futures Activity Log Challenge and the promotion of youth attendance at local recreational events.

**Why Healthy Futures?** Kids are not as active as they should be. They need daily vigorous physical activity to build strength, endurance, healthy muscles, and bones or they may face tough problems like obesity, diabetes, and lower self-esteem. At [name of school], we are committed to helping students develop the skills, knowledge and desire they need in order to be physically active now and for the rest of their lives. Parents and the community also play a critical role in the solution for healthier, active children by providing motivation, encouragement, and daily opportunities for recreation beyond the classroom.

**How does your child participate in Healthy Futures?** With your assistance, your child records physical activity on the Healthy Futures Activity Log. Qualifying logs must show **at least 60 minutes** of physical activity during a day, for at least **15 days** of the month. Students can now count their active time during PE class and recess. While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

This helps children get closer to the national recommendation of 60 minutes of physical activity every day for the best health. Students turn in completed logs to me [with your signature if teacher requires] in exchange for exciting prizes, including the chance for one student from each school to win a grand prize if they complete all three logs in a Challenge.

**Incentives.** In addition to being happier and healthier, students are rewarded for participating in Healthy Futures. The contest will run for the months of [insert names of months]. In exchange for turning in a completed log each month, students will receive a small prize and will be entered for a grand prize drawing at the end of the school year.

This is a wonderful program that is sure to benefit your child and our school. If you have any questions, please do not hesitate to contact me. I've attached some ideas for activities the whole family can enjoy.

[Teacher's Signature]



## Tips for Families

### Health and Fitness - A Family Affair

Help your kids to discover the joy of physical activity. School age is the perfect time for them to learn about their bodies, healthy food, and the importance of physical activity. Making physical fitness fun and available is key to helping them develop lifelong healthy habits.

Kids tend to be more active when parents are. So get the whole family on the move this year with simple things everyone LIKES to do. Make it fun!

For more family activity ideas, visit [www.playeveryday.alaska.gov](http://www.playeveryday.alaska.gov) and our family resources page <http://healthyfuturesak.org/the-challenge/family-resources/>

### Helpful Hints for Healthy Futures

- Encourage children to get at least 60 minutes of moderate-to-vigorous physical activity per day.
- Limit non-academic screen time, TV and video game time.
- Plan family time that includes fun physical activities like walking or biking.
- Include physical activity in family events, such as birthday parties, picnics and vacations (Red Rover, for example).
- Bring kids to fun community youth recreation events, which focus on participation rather than winning. Check out [www.healthyfuturesak.org](http://www.healthyfuturesak.org). Invite the neighbor kids!
- Take nature walks to find and discuss the many different leaves, plants, and creatures.
- Park further away and take the stairs. Every step counts.
- Give gifts that encourage physical activity, such as sports equipment and lessons or passes.
- Support youth sports programs and extracurricular activities at school, community centers and events.
- Cheer your children on and congratulate them no matter what the outcome.
- All active kids need is water and a healthy snack.



## Successful Strategies for Building Enthusiasm and Participation

**The following are suggestions for helping your students succeed in developing healthy habits and succeed in the Challenge. They are based on suggestions from past Healthy Futures Challenge Coordinators:**

Create a competition between grades or classes within your school! Reward the grade or class with the highest percentage of participating students with an extra PE class, a day of extended recess, a trophy that rotates between winning grades/classes, or a “free choice” day in PE class.

Publicly recognize winners with a poster in the hall outside their classroom or on a bulletin board at the front of the school. Try something like, “CONGRATULATIONS! This is the classroom of the Healthy Futures Fitness Champions!” Consider including a photo of the class doing something active.

Ask staff to participate in the challenge and display their logs for students to see. A large dry erase version of the activity log works well for this. You may even encourage kids to compete with their teachers!

Post photos of the kids who have turned in the most logs or who have logged the most hours. Include each students’ favorite activity.

Consider approaching your school’s PTA for support. They may be able to provide a prize (like a healthy snack party!) for the class with the most participation.

Assign the log as a daily homework assignment. If you use homework folders, include the log in the folder.

Keep families in the loop! Email them, post information at the front of the school, or include Challenge information in the school newsletter. Include reminders about prizes, log due dates, students or classes that are succeeding, and suggestions for getting the whole family involved.

Fill out the log as a class. This can be done daily or weekly. Have a couple students share what activities they did.

Create a challenge between teachers, and post progress for students to see.

Recognize students who exercise the most hours at a monthly assembly or recognize students who turn in the most logs in the spring and fall at an assembly or online.



Ask your PTA to offer incentives like gift cards or month passes to a fitness club for teachers with high rates of participation in their classes.

Offer incentives to teachers who fill out their own logs! Create a monthly drawing for a prize and enter every teacher who completes a log.

Have a student make a daily or weekly announcement to the school reminding students and teachers to fill out their activity logs.

Start an after-school Fitness Club at your school! Have students log their activity at Fitness Club.

If your students fill their activity logs out at home, have a class discussion about where to keep logs so they're visible every day and don't get lost. Taped to the wall next to the bedroom door? Magnet on the refrigerator?

Ask students to record what activity they did, along with the amount of time they did it. Use this to keep a running list of activities hanging on the wall of your classroom for all students to see.

Have older students pair with younger students to monitor and encourage them.

Hold a kick-off assembly to encourage participation! Have students demonstrate activities, recognize past active participants, demonstrate prizes, and/or get in touch with Healthy Futures to arrange for a visit from a Healthy Hero!

Laminate a large chart to hang on the wall with each student's name. When they arrive in the morning, their first task before you begin your lesson could be to write down what activity they did the day before and the length of time. Read a couple out loud and allow a few minutes for students to record the information on their personal logs.

Hang a chart with each student's name. Every week put a sticker next to the names of students who complete a week of their log. This helps keep the momentum going!

Hold a monthly school-wide contest for designing the activity log. Print out copies of the winning log for students every month.

# Physical Activity Log

Month: \_\_\_\_\_

Student name \_\_\_\_\_

Teacher \_\_\_\_\_

Signature \_\_\_\_\_

Be active **60 minutes** or more at least **15 days** per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. **Get Out and Play, Every Day!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



# Get out and play. Every day!

Take a walk with your kids and teach them the animal prints in the snow.

Take the Healthy Futures Challenge!

Go swimming.

Bundle up and go sledding.

Hula Hoop.

Strap on your skis or snowshoes and get moving.

Go fishing and berry picking.

Bury some goodies in the snow in a cooler and send your kids on a treasure hunt.

Skip rocks.

Build a snowman.

Rake leaves and jump in!

Ice skate at a local rink.

Go fly a kite.

Make a snow angel, or two, or three.

Toss or kick a hackey sack!

Kick a soccer ball.

Jump rope!

Dance, dance, dance!

Take a walk and learn how to identify Alaska's beautiful wildflowers.

Walk your dog.

Build a fort out of snow blocks.

Play tag while staying in your tracks in the snow.

Play a friendly game of hockey in your driveway, or head to a rink.

Invite your kids to join you while you do your workout or exercise video.

Play basketball.

Roller skate.

Pretend you are an Arctic explorer and make some important outdoor discoveries.

Race your kids to your favorite park.

Race to see who can get dressed in snow gear first!

Go bowling or roller skating.

Toss a Frisbee, football, or baseball.

Participate in Healthy Futures events.

Go ice fishing.

Make winter chores fun. Shovel the driveway as a family.

Hike.

Strap on your helmets and go for a bike ride.

Play hide and seek.

Go on a nature walk.

Create an indoor treasure hunt.

Take your kids jogging and challenge them to a race.

Create an obstacle course.



[www.healthyfuturesak.org/](http://www.healthyfuturesak.org/) Need activity ideas? Go to [www.playeveryday.alaska.gov](http://www.playeveryday.alaska.gov)

