

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 exercise through core programs such as the Healthy Futures Challenge and supporting community physical activity events.



How can Healthy Futures offer this challenge for free?

The Healthy Futures Challenge is free to all students thanks to generous support from our partners at Alaska Department of Health and Social Services, Providence Health & Services Alaska, United Way Anchorage, and many other individual and corporate donors.

What is the mission of Healthy Futures?

The mission of Healthy Futures is to empower Alaska's youth to build the habit of daily physical activity.

CONTACT INFORMATION

Challenge registration, Challenge information, Log questions

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Events

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Guest Speaker Appearances and Program Information, Fundraising, Sponsorship

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Web Links

Healthy Futures: www.healthyfuturesak.org
Healthy Futures is the signature program of the Alaska Sports Hall of Fame

Healthy Futures Facebook Page: www.facebook.com/healthyfuturesAK
Follow us to learn about challenge details and upcoming community events throughout Alaska.

Alaska Sports Hall of Fame: www.alaskasportshall.org

Take the 2014 Healthy Futures Middle School Challenge!

Be physically active for at least 30 minutes a day, 4 times a week and win prizes. Plus, the 6-week challenge is FREE!



1. Be Active.

2. Record.

3. Get Prizes!

Register for the challenge today at
www.hfchallenge.org

WARNING: YOU MAY EXPERIENCE A NATURAL RESULT OF GOOD HEALTH!

CHALLENGE OVERVIEW

The Healthy Futures Middle School Challenge is a 6 week long program, rewarding students who get at least 30 minutes of physical activity 4 days per week. Students keep track of their activity through an activity log online or on paper distributed by their teacher. During the challenge, students are rewarded for each successful log turned in. This school year, our goal is to see what the participation level is at our three different schools: Begich, Hanshew and Goldenview.

How does this work?

Students (with parental permission) are able to sign up for the middle school program online with our web-based sign in. Once the participant is signed up, the student is able to track his or her daily activity level for that week. If a student fills out a paper copy of the log, the teacher or administrator for the school will input the data into the web page. Students who complete a log are entered into a weekly drawing. Completion of all 6 weeks (ALL STAR STATUS) you are entered into a grand prize drawing.

What counts as a qualifying log?

Students must complete and record a minimum of 30 minutes of physical activity at least 4 days per week each week (six weeks total) outside of the physical education classroom.

Challenge Dates

Week	Start Date	End Date
1	Monday, September 29th	Sunday, October 5th
2	Monday, October 6th	Sunday, October 12th
3	Monday, October 13th	Sunday, October 19th
4	Monday, October 20th	Sunday, October 26th
5	Monday, October 27th	Sunday, November 2nd
6	Monday, November 3rd	Sunday, November 9th

GETTING STARTED

1. Register for the challenge at www.hfchallenge.org
2. Create a username and enter your email (make sure you have parental consent)
3. Check email for confirmation from Healthy Futures and to get your temporary password (check spam if not in mailbox.) The link will look like: Get started by logging in here: <http://hfchallenge.org> (click on the link)
**If you are not participating online, paper copies are available at www.healthyfuturesak.org or from your participating school. Each school has a different policy to turn in paper copies. Check with school administrator.*
4. Log In: Enter First Name; Last Name; Email; School; Grade; Middle School PE teacher (NA if you do not have one), *Change password to one you will remember!*
5. Record minutes of Physical Activity and Sugar Sweetened Beverage Intake
Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense.
Moderate: While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation — it's probably moderately intense.
Low: You will be moving, but your heartbeat and breathing will not change much.
Sugary Drink: Soda, powdered drinks, energy drinks, fruit-flavored juices, or any drink that has added sugar, corn syrup, or another type of caloric sweetener in the ingredient list
6. A successful log is 4 days of 30 minutes outside of school per week. If you submit your log you are entered into a drawing for a hoodie. If you complete all six weeks you are entered into the grand prize drawing.

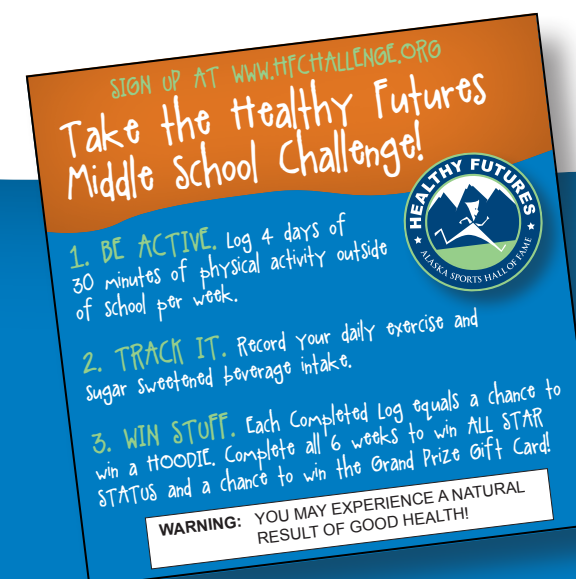
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