



### **THE CHALLENGE:**

- Obesity rates have risen drastically in the U.S. Childhood obesity has doubled in the past 20 years and currently affects 10 million children. One in five U.S. children is overweight or obese.
- A South Carolina Department of Health and Environmental Control report on Diabetes indicates that in 2005, 59.3% of Charleston County residents (of all ages) were overweight.
- Overweight and obesity are strongly related to the high rates of diabetes, coronary heart disease, and stroke that afflict South Carolina.
- 300,000 deaths each year may be attributed to lifestyle factors of improper diet and inadequate exercise.

The ***GET OUT GET ACTIVE*** program is in response to the challenge to confront the obesity epidemic and lack of physical activity that exists among many of our students.

Working in collaboration with the National Alliance for Youth Sports and Charleston County Park and Recreation Commission, the Physical Educators from Charleston County schools will help implement the ***GET OUT GET ACTIVE*** program to educate, inspire, and motivate children and families to develop an active lifestyle.

**PART ONE:** The ***GET OUT GET ACTIVE*** program will consist of a DVD, featuring a variety of fun and fitness activities occurring in Charleston County parks and around the county. ***GET OUT GET ACTIVE*** video can be broadcast through each participating school's media specialist or classroom audio visual equipment throughout the school year. The video are presented in a style designed to educate, excite, inspire, and motivate children to get involved.

**PART TWO:** Part Two included the **Fun and Fitness Challenge** implemented by Physical Educators for students K through 8th grade. The goal is to achieve a minimal level of physical activity each week from a list of Fun and Fitness activities. Specifically:

1. A comprehensive chart of fun and fitness activities for children and their parents has been developed. In addition to regular Physical Education programs, every student K through 8th grade must participate in some form of physical activity, either in or out of school. Students may pick from this chart, and if not listed, use "Other" with the approval of a Physical Educator.
2. During the school year, the ***GET OUT GET ACTIVE*** video series will air. The Physical Educators will serve as mentors and motivators for the children to learn about and to help them develop an interest in a wide variety of fun and fitness activities.
3. In the spring, each student will return their personal Activity Chart that has the activities they participated in checked and verified by a parent, guardian, teacher, coach, or other adult in their life.
4. Each teacher will place a check next to each student's name on their class roster that turned in their personal Activity Chart. The schools with the greatest percentage of return will qualify for the ***GET OUT GET ACTIVE*** school recognition program.