



Dads & Kids: 90-Day Health & Fitness Challenge

As a faith leader, you have the opportunity and obligation to provide leadership for the young people in your congregation in various areas of life, including health and fitness. Ideally, a successful faith leader will have a vested interest in the health of his or her youngest members as well as their parents and grandparents.

The activities outlined in the Dads & Kids: 90-day Health & Fitness Challenge represent a resource designed for youth ministers to share with their fathers and their children so they can become more health conscious and achieve better health outcomes. Faith leaders can use the outline as it appears below, or they are free to modify it to suit their own preferences.

Four Keys to Maintaining a Healthy Life Style

1) Stress. The key to maintaining good health is to manage stress effectively. Stress causes both chemical and physical changes in the body. Chronic stress can even lead to illnesses such as heart attacks and depression. Exercises such as yoga and meditation can help reduce stress levels.



2) Sleep. When we are awake the body is put through many stresses. The body needs sleep to restore itself, strengthen bones, and release growth hormones. Like eating, sleep is a necessary bodily function critical to maintaining good health.

3) Diet. Maintaining a healthy diet is important too. One key to achieving a healthy diet is to understand the body's nutritional needs and how particular foods and cooking styles affect our bodies. Once you have a clear sense of what a healthy diet entails, you can remove the unhealthy temptations from your home. If you have unhealthy food laying around it will make it harder for you to stay on the right track.



4) Exercise. There are plenty of benefits from having a steady exercise routine. Not only can exercise keep you in shape but it can also help you prevent the onset of diseases such as high blood pressure and even diabetes. Exercise reduces stress, helps you think more clearly, and even plays a role in slowing down the aging process.

Program Activities for Participating Families

One of the major goals of the program activities is to encourage fathers to bond and spend time with their children. Getting fathers more involved in their children's lives in productive ways can have tremendous health benefits. Higher levels of positive father involvement have been linked to desirable outcomes for children, including higher self-esteem, better mental health, more desirable school outcomes, and enhanced cognitive function.

In the spirit of making families healthier, the goal of the 90-Day Healthy Family Challenge is to increase father involvement while also improving the health of the family unit. The challenge features new workouts and activities for children of all ages. The activities address the challenges to health mentioned previously and offer create ways to address those challenges.

Each family that participates in this challenge will compete to stand on the "Fit & Fun Family Podium" that will include separate awards for the top three point-earning families. Families are expected to complete two activities a week over a 90-day period. All of the activities mentioned below can be done in the course of one or several days. Each activity has a specific point value, designated next to the activity listing. Points will be awarded to families who complete an activity and have a photo of them participating. Points will not be awarded without a photo to confirm participation. Each family will be asked to create an arts and crafts project using the pictures from each of their activities. These projects will be brought to the 90-day challenge finale event where there will be opportunities to compete against other families in sporting events as well as other fun-filled activities. Families can earn additional points at the end of each event that will be added to their overall total. The three families who have compiled the most points during the 90-day challenge and the finale will be acknowledged with awards.

Activities

Week 1: GETTING STARTED

- ❖ Build a Fitness/Health profile. (1 point)
 - The link below provides an example of the types of information that should be included in your health profile, see (https://www.uvm.edu/medicine/ahec/documents/TOOLKIT_PROFILE.pdf)
 - This should help you keep track of the progress you are making with your activities. A profile should be done for each child as well.
- ❖ Take a trip to the farmer's market. (1 point)
 - The farmer's market can offer a unique opportunity to explore and get out of your comfort zone. Find a new fruit or find a new recipe for a smoothie or natural juice. Many of the natural juices at the farmer's market offer enormous health benefits for example, papaya and pineapple help with digestive health. Overall, prices for produce at farmers markets are typically competitive with grocery stores.
- ❖ Take a 30 minute walk with your family. (1 point)



Week 2: DIALING IN THE DIET

- ❖ Plant your own vegetables (easy plants: cactus, tulip). (3 points)
- ❖ Make healthy smoothies, see <http://www.cookinglight.com/food/recipe-finder/healthy-smoothie-recipes> (1 point)
- ❖ Make a healthy meal together, see <http://www.health.com/health/gallery/0,,20678467,00.html> (2 points)
- ❖ Go for a jog around the neighborhood. (4 points)



Week 3: GETTING ACTIVE

❖ Take a self-defense class, for online options see

(1) https://www.youtube.com/watch?v=LWYGfdrV_fY

(2) <https://www.youtube.com/watch?v=1wMHyrtr6UU> (2 points)

❖ Do a playground workout, see <https://www.fix.com/blog/get-a-workout-at-the-playground/> (1 point)

❖ Take a hike. Hiking is a great way to get in a cardio workout while also reducing your risk of high blood pressure as well as type 2 diabetes. (3 points)

- If hiking is not possible then try a hiking preparation workout which may be found online <https://www.youtube.com/watch?v=c4tId7biRp8>
- These workouts simulate the same movements needed for hiking.



Week 4: ADVENTURE

- ❖ Go Kayaking. Rowing a kayak is an efficient way to get your heart rate up and strengthen leg and arm muscles. (3 points)
- ❖ Take a Penny Hike. A penny hike is where one goes to an outside area and looks for pennies. It is a great way to get the whole family involved while also getting some exercise. (1 point)
- ❖ Explore your neighborhood or someone else's neighborhood on a bike ride. (2 points)



Week 5: TRY SOMETHING NEW

- ❖ Try POUND. This high energy, fat burning workout includes a jam session and can be loads of fun for the kids as well as yourself, see <https://www.youtube.com/watch?v=OJAwdBDQR8U> (2 points)
- ❖ Try Zumba. Zumba is an exercise that incorporates Latin dance moves with Latin music to give you a workout that will make you feel the burn, see <https://www.youtube.com/watch?v=Hks39BziPpU>, (2 points)
- ❖ Try Capoeira. Capoeira is an exercise that originated in Brazil. It involves combat moves and is meant to improve flexibility, agility, and strength, see <https://www.youtube.com/watch?v=vqG3-UcXSlo> (2 points)



Week 6: FILM IT!

- ❖ Try a workout DVD (or online video), see <https://www.youtube.com/watch?v=YKV3q4o8qMo> (1 point)
- ❖ Choreograph an aerobic dance routine (2 points)
- ❖ Create and film your own workout video (3 points)



Week 7: GIVING BACK

- ❖ Do a run for a cause or volunteer at the run for a cause. This a good way to get your children involved with running. You may even help save a life, see <http://www.active.com/running/5k> (4 points)
- ❖ Volunteer at a park, see <https://www.volunteermatch.org/> (2 points)
- ❖ Host a car wash—this could be a way to raise money for the church (3 points)
- ❖ Donate Blood (1 point)



Week 8: THINK OUTSIDE THE BOX

- ❖ Try AcroYoga. Acroyoga combines yoga with acrobatics. This will help build strength, flexibility and trust, see <https://www.youtube.com/watch?v=TMZlCpQrySE> (2 points)
- ❖ Try PiYo. PiYo is a combination of pilates and Yoga. These sessions help to tone muscles and burn fat without all the high impact movements, see https://www.youtube.com/watch?v=Wrb_8DEB7s (2 points)
- ❖ Try Doonya. Doonya incorporates the high-energy dance moves of Bollywood to form this fat burning program, see <https://www.youtube.com/watch?v=VJwDOAV3RHc&list=PLBE7C8E1EE694B9C6> (2 points)



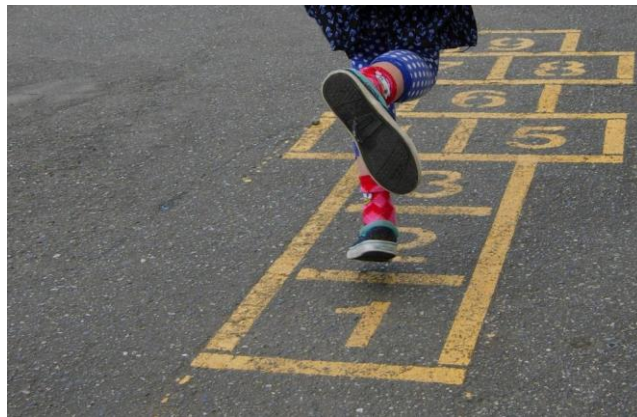
Week 9: FOR THE KIDS

- ❖ Take a trip to the playground. (1 point)
- ❖ Do a treasure hunt, for an example see, <http://www.wikihow.com/Make-an-Amazing-Treasure-Hunt-for-Kids> (2 points)
- ❖ Go swimming. If you have younger children, this may be a good incentive for parents to teach their children how to swim. (3 points)



Week 10: COMPETE!

- ❖ Build an obstacle course and race, see <http://simplekids.net/make-your-own-backyard-obstacle-course/> (3 points)
- ❖ Have a Hopscotch Tournament, for instructions see <http://www.parents.com/fun/activities/hopscotch/> (1 point)
- ❖ Have a four square tournament, for instructions see <http://www.parents.com/fun/activities/outdoor/weekend-family-activities/?slideId=28988> (2 points)



Week 11: SPORTS!

- ❖ Play basketball for at least 30 minutes (1 point)
- ❖ Grab a ball and play soccer for at least 30 minutes (1 point)
- ❖ Catch football for at least 30 minutes (1 point)
- ❖ Catch baseball for at least 30 minutes (1 point)
- ❖ Play tennis for at least 30 minutes (1 point)



Week 12: BRINGING IT HOME

- ❖ Mindfulness exercises, see <http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/> (1 point)
- ❖ Make your activity collage as a family (3 points)
 - Instruction: <http://www.wikihow.com/Make-a-Collage>
 - Please do not make digital collages: use paper, photos, and glue/tape.
- ❖ Do yoga, for instructions, see <https://www.youtube.com/watch?v=WtGE0Uz9zSE> (2 points)



Finale Event: The 90-Day Challenge Health Fair

The 90-Day challenge will conclude with a grand finale event organized by you. This event should be a reward for the three months of participation in this challenge. It should tie everything together from the last three months, be health/fitness related, and be fun. Additionally, there can be a few potential point-opportunities available. Here are some ideas to help you plan this event.

- Partner with local groups such as churches, clinics, fitness centers, restaurant and non-profits to help make your event successful.
- Organize booths displaying health and fitness related information
 - How to fix a flat on your bicycle
 - How does your heart work
 - How to foam roll
- Fun, healthy and easy to eat food options
 - Veggie platters
 - Fruit kebabs
 - Vegan pastries
 - Bring in a smoothie company to make smoothies
 - Provide a cooler with bottled water.
- Games options
 - Trivia based on age
 - Trivia should have a health focus as well
 - Matching activities based on the challenge content
 - Obstacle course/fun run (outdoor area needed for this option)
 - Winners of each event can gain 1 extra point for their family team!
- Get the community involved
 - Partner with local non-profits to plan health related activities for the families
 - Connect with massage therapists, PT specialists, yoga instructors, personal trainers, high school and college students in JROTC/ROTC, martial art instructors, etc.
 - Ask for volunteers from local Gyms to lead workout demos
 - Weight training demo
 - Stretching/foam rolling
 - Cycling safety
 - Self-defense
 - Running form
 - Group fitness class

- Host discussion groups that would have a focus on different health related activities
 - Fun ways to get cardio in
 - Alternative diets
 - How to meal prep
- Gallery
 - NOTE: The art pieces created by the participants should be the central focus of the event. Consider reserving a space for a gallery-like presentation.
 - There should be at least one week between the end of the challenge and the Finale. This week should be designated for dropping off the art pieces families create so time and space can be organized to set up the gallery prior to the event.

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