



Duties of a Moon Walk School Team Captain:

1. **Register your team(s) with us at Moon Walk Mission Control.**
2. **Create walking goals for your team(s).**
3. **Determine locations/pre-measured distances your students will walk and how you will track each student's mileage.** Pedometers are *not* required.
4. **Encourage student participation.** There is no cost for students to participate.
5. **Launch the program on Friday, April 3.** This is when the Moon Walk 2009 community program (i.e. paid participants) launches and the competition with the Quad Cities and Champaign County officially kicks off. The school program will officially end on Friday, May 29.
6. **Report your team's weekly mileage on the Moon Walk Web site every Friday before noon.** We have made this process much simpler and faster for our school program. School team captains will only be required to enter the entire team's weekly mileage and the number of team members participating that week.
7. **Award students for their walking efforts.**
8. **Keep participants motivated.**

We hope you'll choose to offer your students this wonderful opportunity to have fun while developing a healthy walking habit. **Call us to start the registration process.**

To the moon!
Moon Walk Mission Control

Angie Ludwig
Program Manager
PALM
angiel@palmtricon.org
309-637-0934



Moon Walk School Team Captain's Guide: 7 Steps to Success!

As a Moon Walk School Program team captain, you're the vital link between your school's student participants and "Moon Walk Mission Control." Just follow these steps to launch your Moon Walk program on the path to success:

1. **Consult the following chart to determine how long/far each student in your school should walk each day:**
 - **Kindergarten:** 7 minutes or .3 miles per day
 - **1st-2nd Grade:** 10 minutes or .5 miles per day
 - **3rd-5th Grades:** 15 minutes or .8 miles per day
 - **6th-8th Grades:** 25 minutes or 1.4 miles per day

Based on these guidelines, plan opportunities (when, where and how long) that will allow each student to reach this goal each day. For example, walking may take place before, during or after school and may be done around the perimeter of the school grounds, around the school track or gym, or any other pre-measured distance.

2. **Register your school team.** Contact Angie Ludwig at Moon Walk Mission Control at 637-0934 or angiel@palmtricon.org. We will enter your team(s) into the Moon Walk School Program and alert you when your online access at www.palmpeoria.org/Moonwalk is ready.
3. **Report your team members' mileage each Friday by 12 p.m. using the online interface accessible at www.palmpeoria.org/Moonwalk.** While you're at the Moon Walk Web site, check out the latest Moon Walk community totals for Peoria, Quad Cities, and Champaign County.
4. **Award team members for their walking efforts.** Be creative about offering other awards along the way that cost you little but mean a lot!
5. **Keep participants motivated.** Here are a few suggestions:
 - Use the "Top 10 Reasons for Joining the Moon Walk School Program" as a class discussion tool, poster or bulletin board inspiration, or PA announcement.
 - Make in-school announcements each week to let students know mileage totals for the school's team(s), as well as the total community program.
 - Set tangible goals for each week. When reached, celebrate!
 - Encourage light-hearted competition between grades or other groups. Supply a party of healthy snacks for the winners.
 - Offer opportunities for students to walk with the principal. This may be open to all participants, or students could be selected each week for improvements in mileage, good behavior, kind actions, academic achievements, etc. These students could be let out of class 15 to 20 minutes early on Friday for this special "Walk with the Principal."

- Start a before-school, recess or after-school Walking Club. Ask the school's parent-teacher organization to purchase a few inexpensive pedometers and let students use them to track their mileage during Walking Club.
- Use walking as a reward or pick-me-up. If the class has performed well, met a goal or just needs to perk up, take the class on a walk around the school!

Questions? Please contact Angie Ludwig at 637-0934 or angiel@palmtricon.org.



Moon Walk School Program: Motivational Tools

Friendly Competition

Encourage your student participants to walk more by challenging them through friendly competitions, such as:

- **Grade level:** Have two or more classes from the same grade level compete to see which class walks the most miles.
- **Top class:** The class that walks the most miles in the entire school gets a special prize.
- **Top student:** The student who walks the most in each class, grade level or school gets a prize.
- **Top school:** Challenge another similar-size school to a walking challenge. The school with the most miles gets bragging rights!

Rewards

Prizes provided by your school will help motivate students to walk.

These need not be costly! Some examples:

- Certificate (could be printed from a computer)
- Extra recess or free time
- Winner announced over the school's PA system
- Snack bag filled with healthy treats
- Winning student gets to be the principal's helper for the day or class period
- Student gets a pass on one homework assignment



Top 10 Reasons to Join the Moon Walk School Program

- 1. Walking is a great way to stay physically fit.**
- 2. Walking is one of the simplest forms of exercise—you already do it every day!**
- 3. Walking reduces the risk of high blood pressure, type 2 diabetes, heart disease and obesity.**
- 4. Walking can help you feel good about yourself... and if you feel good, you look good!**
- 5. Developing the habit of walking early can lead to a physically fit adulthood.**
- 6. Walking gives you more energy.**
- 7. Walking is a great activity to do with your friends.**
- 8. You can help Peoria win the race with the Quad Cities and Champaign County. We are challenging them to a round-trip to the Moon (477,400 miles). At the end of the race, the community with the highest walker average wins.**
- 9. Walking just 10 minutes a day can increase your fitness level—a plus at any age.**
- 10. Walking is FUN!**



Moon Walk: Take the Challenge!

{Team captain: Fill in name of your school} is participating in Moon Walk, a not-for-profit, community-wide walking program organized by the Peoria Area Labor Management Council (PALM). A special no-charge school version of the program will begin April 3 and run until Friday, May 29.

***IMPORTANT: TO ALLOW YOUR CHILD TO PARTICIPATE,
PLEASE FILL OUT AND RETURN
THE FORM ATTACHED TO THIS PAGE BY:***

{School team captain: fill in date}

(Please detach form and return to school, but keep this flyer for future reference.)

The Moon Walk goals: Help the Peoria Tri-County team win the race with the Quad Cities and Champaign County (one round-trip to the moon – 477,400 miles) AND the most miles per walker at program's end! *Walking even just a few minutes each day has been shown to improve the health of both children and adults.*

Participants will track the distance they walk each day during **{School team captain: fill in opportunities students will have}**. That mileage will be reported to "Moon Walk Mission Control" at www.palmpeoria.org/Moonwalk.

To learn more about this school walking program, please contact:

- **{list team captains for each team and contact info}**

For more information about the Moon Walk community program open to Peoria, Tazewell and Woodford counties, go to www.palmpeoria.org/Moonwalk.

Conversions

- **Kindergarten:** 7 minutes or .3 miles per day

Or set a class goal...

25 students* x .3 miles per day = The entire class should walk 7.5 miles per day

- **1st-2nd Grade:** 10 minutes or .5 miles per day

Class goal...

25 students x .5 miles per day = The entire class should walk 12.5 miles per day

- **3rd-5th Grades:** 15 minutes or .8 miles per day

Class goal...

25 students x .8 miles per day = The entire class should walk 20 miles per day

- **6th-8th Grades:** 25 minutes or 1.4 miles per day

Class goal...

25 students x 1.4 miles per day = The entire class should walk 35 miles per day

*This number can change for how many students that are in each class.