Fitness Finders

How to Keep Kids Moving in All Learning Environments!

Step 1: Get Moving and Record Activity

From aerobics to paddle boarding and beyond! Physical activity is a great way to stay healthy and fit. Use the EZ Scan® Activity Recording Sheet (included) to keep track of all activities in one place.

*Each activity is equated to 1 mile of walking/running.**

Just refer to the Exercise Equivalency Chart (on the EZ Scan Activity Recording Sheet) to convert activity minutes into miles. For example: Shooting Baskets for 15 minutes is equal to 1 mile of walking/running. The miles will add up quickly!

Step 2: Share Your Success

To share how well you have done, follow the instructions below:

Step 3: Celebrate & Reward

A recent study notes that adding rewards to an exercise program increases active participation by 50%.

Habits form when the reward centers of the brain are stimulated. **Fitnessfinders.net** has **over 400 different awards** that kids love to collect! We have awards for art, music, reading, writing, effort, and achievement (animals, numbers, and customizable awards as well).

Note: *The awards pictured on the Recording Sheet are just a sample of what is available. The only award not available for purchase is the famous Toe Token®. We reserve that award for our schools to use with their Mileage Clubs.*
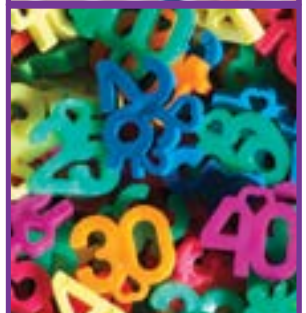
How Often Should Rewards Be Given?

Fitness Finders recommends awarding every 3 to 5 miles, depending on the age of the child and the available activity time.

Don't make it too easy. It's important that the awards have value! Students love collecting their favorite colors and activities to show what they have accomplished.

We are excited to help parents keep their children physically active while at home. And, by the way, we also have awards for classroom work – **Pencils, Book Charms, A+ Tokens,** and *more!* Make it easy for kids to display their awards with **Chains or LaceLink Lanyards.** Yes, our awards can motivate kids to get their class work done as well. *A win for everyone!*

* The energy expenditure for running or walking a set **distance** is almost the same. Running is a few calories more, but you are still moving the same amount of body weight the same distance, only faster. However, if going for a set **time**, the runner is going faster and will cover more distance, thus burning more calories.

Activity Recording Sheet

EZ SCAN By Fitness Finders

Student Name: _____   Teacher Name: _____

Week: _____

Date	Activity 1 Time/Miles	Activity 2 Time/Miles	Activity 3 Time/Miles	Total Miles
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
			Weekly Total of Mileage	

Week: _____

Date	Activity 1 Time/Miles	Activity 2 Time/Miles	Activity 3 Time/Miles	Total Miles
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
			Weekly Total of Mileage	
			Grand Total *(Combination of both weeks)*	

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Fitness Finders helps teachers and parents promote health and wellness. Use this link to learn of affordable awards and programs that truly motivate students. **Fitnessfinders.net**

Fitness Finders® Exercise Equivalency Chart

The following Equivalency Chart equates a variety of activities to **1 mile of walking/running**.

For Example:
Shoot Baskets for 15 min = 1 mile of walking/running

Times noted refer to sustained activity at a recreational pace. Just record the time and total miles you are actively involved in an activity on the Recording Sheet to the left.

Jack & Jill	**Aerobics** for 15 min	Runner	**Run** for 12 min
Biker	**Bike** for 2 ¾ miles	Basketball	**Shoot Baskets** for 15 min
Thumbs Up	**Clean** for 30 min	Swimmer	**Swim** for 14 min
Ten Toes	**Dance** for 15 min	Jump Award	**Trampoline** for 16 min
Swirl Sneaker	**Jump Rope** for 10 min	Walker	**Walk** for 20 min
Football & Baseball	**Play Catch** for 30 min	Elephant	**Lift Weights** for 14 min

MORE ACTIVITIES

- **Calisthenics** for 15 min
- **Cook** for 30 min
- **Frisbee** throw for 24 min
- **Golf** driving range for 24 min
- **Gymnastics** for 15 min
- **Kayak** for 17 min
- **Lawn Games** for 30 min
- **Lawn mow** for 16 min
- **Martial Arts** for 10 min
- **Paddleboard** for 20 min
- **Pilates** for 20 min
- **Pogo Stick** for 10 min
- **Skate** for 13 min
- **Swim laps** for ¼ mile
- **Tennis/Singles** for 13 min
- **Yoga** for 30 min

The Equivalency Chart is from the Mega Mileage Club® created by Fitness Finders, Inc.