



Dear Teachers,

Thank you for registering for the Portland Timbers U-23s Health & Fitness School Days presented by Providence Sports Care Center. At Providence, the health and wellness of children is extremely important to us. One component of living a healthy lifestyle is physical activity. We are pleased to partner with the Timbers U-23s team to encourage physical activity among kids. Timbers U-23s is an amateur team of stand-out high school and collegiate soccer players that is affiliated with the MLS Portland Timbers team.

To promote physical activity, we are holding a pre-School Days exercise challenge, and we invite your students to participate! The goal of the challenge is to promote daily physical activity and to encourage students to come up with creative ideas on how to be more active. We hope you will use this challenge and the included information to talk with your students about the importance of exercise. Attached to this email are some ideas on how to make exercise fun.

The challenge will be held April 18th – April 29th<sup>th</sup>. Each student is asked to record the number of daily minutes they engage in physical activity on the exercise log (attached). Students will return their completed exercise log sheet to you, their teacher, at the end of the month. A parent or teacher must sign the exercise log sheet to verify the minutes recorded. The teacher is responsible for tallying the total minutes of physical activity for the class over the course of the month and completing the class information form (attached).

Prizes: an autographed soccer ball signed by the Timbers and presented by Timber Joey, along with a class photo taken with Timber Joey. Prizes will be awarded to the class in each grade category (K-2, 3-5, 6-9) that has the highest average number of physical activity minutes per student.

In order to qualify for awards, the class information form must be returned via email to [patricia.veith@providence.org](mailto:patricia.veith@providence.org) by **May 06, 2016**.

For questions, please contact Trish Veith at [patricia.veith@providence.org](mailto:patricia.veith@providence.org)

We look forward to seeing you at Fitness School Days!

In health,

Providence Sports Care Center