


The President's Challenge

The President Council on Physical Fitness and Sports (PCPFS)

This program encourages all Americans be active in their everyday lives. No matter what the activity and fitness level, the President's Challenge helps motivate you to improve.




PCPFS has been dedicating participants since 1966 with the Presidential Physical Fitness Award (PPFA) in recognition of motivating more people to remain loyal to the program.


Currently involved now are three distinct program areas:

1. Active Lifestyle
2. Physical Fitness
3. Health Fitness


> ACTIVE LIFESTYLE



- Presidential Active Lifestyle Award (PALA)
- Presidential Adult Active Lifestyle Award (PAAL)
- To recognize our youth and adults in contributing in physical activities on a daily routine.
- Participants must meet a daily activity goal (30 minutes a day for adults/60 minutes a day for youth under 18) at least 5 days a week, for a total of 6 weeks.
- There's also an option for using a pedometer to record daily activity.
 - Girls 6 to 17 - At least 11, 000 steps a day
 - Boys 6 to 17 - At least 13,000 steps a day



PHYSICAL FITNESS



- Three award levels:
 - Presidential Physical Fitness Award (PPFA)
 - Score at or above the 85th percentile on all 5 events.
 - National Physical Fitness Award (NPFA)
 - Score at or above the 50th percentile.
 - Participant Award
 - Score below the 50th percentile, but attempt all 5 physical fitness events.

What are the components of the Physical Fitness Program

- ❖ Curl-Ups or Partial Curl-Ups for abdominal strength and endurance
- ❖ Shuttle Run for total body coordination
- ❖ Endurance Run: One-mile run. (OPTIONS: 6-7 years old: 1/4 mile, 8-9 year old: 1/2 mile) for cardio-respiratory endurance
- ❖ Full-Ups or Right Angle Push-ups for upper body strength and endurance
- ❖ V-Sit Reach or Sit and Reach for muscular flexibility

Food you should and should not eat:

Permissible GO	Intermediate CAUTION	Not Permissible STOP
Alfalfa Sprouts Bean Sprouts Bok Choy Broccoli Cabbage Cauliflower Celery Cucumber Endive Fresh Mushrooms Garlic Green Peppers Lettuce Parsley Radishes Scallions Spinach	Asparagus Avocado Brussel Sprouts Eggplant Green Beans KumQuats Okra Onions Passion Fruit Peaches Peas Plums Red Pepper SauerKraut Snow Peas Squash Tomato Turnips Watermelon Zucchini	Breads Crackers Cookies Pastry Doughnuts Pies Muffins All Cereals Milk Yogurt Most Fruit Pasta White Flour Products Carrots Turnips Beets Pretzels Potato Chips Popcorn White Rice, Potatoes and Corn

