



**Assemblyman
Michael J. Cusick**

Dear Neighbor,

Young children should not use summer vacation as an excuse to be inactive both physically and mentally. Studies have shown that children who continue to read during the summer perform better academically in the fall. It is also important for children to be physically active as part of a healthy lifestyle. To encourage children to exercise both their mind and body during the summer months, I have established the 2013 Total Fitness Challenge.

The Total Fitness Challenge is open to all students from kindergarten through eighth grade. Each child must read at least 30 minutes every day, and perform as many physical activities as they want. The different physical activities are assigned varying point values, which count toward each student's total score. A Total Fitness medal will be awarded to the 1st, 2nd and 3rd place top scorers from each grade among the island-wide entries. A trophy will be given to the school having the most points and participants in the challenge.

Mark the enclosed calendar for each day in July and August that you and your child read together and exercise. If the child reads each day for 30 minutes, he or she will check that day. For each day the child exercises, they will mark the coordinating letter(s) for the activity or activities performed from the list. We also ask that parents initial each day's entry and total up all points for activities done. At the end of the summer, the completed calendars should be returned to my district office at 1911 Richmond Avenue, Staten Island, NY 10314. I will provide each participant with a Total Fitness Challenge Certificate.

We are now partnering with local organizations to provide a whole fitness program encompassing the mind and the body! Check out these local groups for special promotions for participants throughout the summer. The YMCA has the Strong Kids program, the JCC the Physical Activity Club for youths on Staten Island. When signing up or purchasing books, please bring a copy of your Total Fitness brochure.

Don't forget, another good source for reading materials is your local public library. I've also listed a series of physical activities as suggestions for your child to perform. If you prefer to use the internet to log your Total Fitness Challenge information we have just created a new website www.totalfitnesschallenge.org, sign-up and login your information!

Thank you and have fun!
Sincerely,

Michael J. Cusick
Member of Assembly

Excellence in Reading and Fitness Certificate

Information Form



Child's Name (First, Last)

School Grade as of September 6, 2013

Parent or Guardian Name (First, Last)

Address 1

Address 2

Phone/E-mail

Number of Days of Reading / # of Days Exercise

Total # of Points from Exercise

To receive your certificate and be eligible for a medal, please have your parents complete the above form and send it with the attached calendar to:

Assemblyman Michael J. Cusick
1911 Richmond Avenue
Staten Island, NY 10314
(718) 370-1384
cusickm@assembly.state.ny.us
Sign in using our website
www.totalfitnesschallenge.org



The 2013 Total Fitness Challenge

"Move your body, stretch your mind"

Sponsored by
Assemblyman Michael J. Cusick
cusickm@assembly.state.ny.us
Sign in using our website
www.totalfitnesschallenge.org

2013 Total Fitness Challenge

Subject Headings (authors & grade levels in parentheses)

Adventure

- The Cay (Taylor; 4 - 6)
- The Dark Thirty: Southern Tales of the Supernatural (McKissack; 4 - 6)
- Hatchet (Paulsen; 4 - 6)
- Shiloh (Naylor; 4 - 6)
- Snow Treasure (McSwigan; 3 - 6)
- Stone Fox (Gardner; 3 - 6)
- Trouble River (Byars; 3 - 6)

Fantasy & Mystery

- Marvin Redpost: A Flying Birthday Cake? (Sachar; 3 - 4)
- The BFG (Dahl; 4 - 5)
- The Book of Three (Alexander; 4 - 5)
- The Borrowers (Norton; 4 - 6)
- The Cricket in Times Square (Selden; 3 - 6)
- The Dark is Rising (Cooper; 3 - 6)
- The Giver (Lowry; 3 - 6)
- Harry Potter and the Sorcerer's Stone (Rowling; 3 - 6)
- The Indian in the Cupboard (Banks; 4 - 5)
- James and the Giant Peach (Dahl; 4 - 5)
- Jeremy Thatcher, Dragon Hatcher (Coville; 3 - 5)
- The Littles (Peterson; 3 - 4)
- Mrs. Frisby and the Rats of NIMH (O'Brien; 4 - 5)
- The Phantom Tollbooth (Juster; 3 - 6)
- Stuart Little (White; 4 - 5)
- Tom's Midnight Garden (Pearce; 5 - 6)
- The Secret Garden (Burnett; 3 - 6)
- The Wish Giver (Brittain; 4 - 5)
- A Wrinkle in Time (L'Engle; 4 - 6)

Friendship

- Afternoon of the Elves (Liste; 5 - 6)
- Babe - The Gallant Pig (King-Smith; 3 - 6)
- Best Friend Insurance (Gornley; 3 - 4)
- Bridge to Terabithia (Paterson; 5 - 6)
- Crow Boy (Yashima; 3 - 5)
- Cute is a Four-Letter Word (Pevsner; 4 - 5)
- The Cybil War (Byars; 4 - 5)
- Dear Mr. Henshaw (Cleary; 4 - 6)
- In the Year of the Boar and Jackie Robinson (Lord; 3 - 5)
- Law of Gravity (Hurwitz; 4 - 6)
- Nothing's Fair in Fifth Grade (DeClements; 4 - 5)
- Number the Stars (Lowry; 4 - 6)
- On My Honor (Bauer; 4 - 6)
- Pickle Puss (Giff; 3 - 4)
- The Pinballs (Byars; 4 - 5)
- Stay Away From Simon (Carrick; 4 - 6)
- Tales of a Fourth Grade Nothing (Blume; 3 - 5)

Humor

- Aliens for Breakfast (Etra; 3 - 6)
- Anastasia Krupnik (Lowry; 3 - 6)
- Bunnicula: A Rabbit-Tale of Mystery (Howe; 3 - 6)
- Chocolate Fever (Smith; 2 - 4)
- Fat Men From Space (Pinkwater; 3 - 4)
- The Fortune Tellers (Alexander; 2 - 3)
- The Goo that Won the Pennant (Kalb; 2 - 3)
- Homer Price (McCloskey; 4 - 5)
- How to Eat Fried Worms (Rockwell; 4 - 6)
- Isabelle Shows Her Stuff (Greene; 4 - 5)
- Jelly Belly (Smith; 3 - 4)

- Kevin Corbett Eats Flies (Hermes; 4 - 5)
- Owls in the Family (Mowat; 3 - 4)
- Ramona Quimby, Age 8 (Cleary; 3 - 4)
- The Ransom of Red Chief (O. Henry; 5 - 6)
- Yours Till Niagara Falls, Abby (O'Connor; 4 - 6)

Historical

- Behind Rebel Lines: The Incredible Story of Emma Edmonds, Civil War Spy (Reit; 3 - 6)
- Bound for Oregon (Van Leeuwen; 3 - 6)
- Caddie Woodlawn (Brink; 4 - 6)
- The Door in the Wall (de Angeli; 3 - 6)
- Johnny Tremain (Forbes; 3 - 6)
- Little House in the Big Woods (Wilder; 3 - 6)
- Sarah, Plain and Tall (MacLachlan; 3 - 6)
- My Sister's Keeper (Butler; 3 - 6)

Poetry

- Dragons, Dragons (Carle)
- For Laughing Out Loud: Poems To Tickle Your Funnybone (Prelutsky)
- Mice are Nice (Larrick)
- Something Big Has Been Here (Prelutsky)

Sports

- Me, Mop and the Moondance Kid (Myers; 4 - 6)
- Baseball Fever (Hurwitz; 3 - 5)
- Guinness Sports Record Book (4 - 6)
- Hang Tough, Paul Mather (Slate; 4 - 5)
- No Arm in Left Field (Christopher; 4 - 6)
- S.O.R. Losers (Avi; 4 - 6)
- The Meat in the Sandwich (Bach; 3 - 4)
- The Trading Game (Slate; 4 - 6)

Special thanks goes to the NYS Education Department's Division of Library Development and librarians across the state for their help.

Let's Get Fit Together

Step 1: Move off the couch!

According to 2005 statistics compiled by the Youth Risk Behavior Surveillance System, which is part of the Centers for Disease Control, 37 percent of New York State youth self-reported that they did not participate in vigorous physical activity in three or more days out of seven. Further, 78 percent of New York State youth self-reported that they did not participate in moderate physical activity in five or more days out of seven. And almost 85 percent of New York State youth self-reported they did not have daily physical education. Studies also show preschool and childhood obesity is rising. Additional reports state that most overweight children have at least one major physiological risk factor, besides being overweight, and they are likely to have abnormally thick heart muscle tissues as adults, which increases the risk of heart attack and heart failure.

Step 2: Take action!

Getting active can help reduce these risks and we've listed some ideas for getting fit:

K - 8th Grade

- | | | | |
|---|-----------|---|-----------|
| A. Swingset/Playground | 5 points | K. Dancing | 10 points |
| B. Gardening (with parent) | 5 points | L. Swimming | 10 points |
| C. Walk around the block(with parent) | 5 points | M. Karate | 10 points |
| D. Make a sandcastle | 5 points | N. Miniature golf | 5 points |
| E. 25 jumping jacks | 5 points | O. Bowling | 5 points |
| F. Bike riding/Skateboarding/Scootering | 10 points | P. Walking | 5 points |
| G. Soccer/Football/Baseball/Basketball/Hockey/Softball/Tennis | 10 points | Q. Jogging/Running (for 10 minutes) | 10 points |
| H. Jump rope | 10 points | R. Shoot 25 foul shots | 10 points |
| I. Hopscotch | 10 points | S. 25 push-ups or 25 sit-ups or 25 curl-ups | 10 points |
| J. Tag/Manhunt | 10 points | T. Rollerblading/rollerskating | 10 points |
| | | U. Miscellaneous _____ | 5 points |

Check out our website www.totalfitnesschallenge.org for free activities
Log in your points daily at www.totalfitnesschallenge.org

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Assemblyman Michael J. Cusick

2013 Total Fitness Challenge

"We pledge to read together for at least 30 minutes each day and exercise during the months of July and August. For each day we read together we will mark the attached calendar with a checkmark (✓). For each day we exercise together we will mark the corresponding letter in that day's box. I will also have my parent initial each day that reading and exercise are done."

July 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

August 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

When you have marked 40 days of reading and exercise on this calendar, a Total Fitness Challenge Certificate. Fill out the back of this brochure and return it to Assemblyman Michael J. Cusick.

5/2013

We are now partnering with local organizations to provide a whole fitness program encompassing the mind and the body! Please contact these local groups for special promotions for participants throughout the summer. When you sign up, just bring your Total Fitness Challenge brochure to be eligible for these great opportunities.

YMCA
651 Broadway, Staten Island, NY 10310
718-981-4933
3939 Richmond Ave., Staten Island, NY 10312
718-227-3200

JCC
Staten Island
1466 Manor Rd.
Staten Island, NY 10306
718-475-5210