



GET FIT Online Program...*the best of both worlds!*

SUCCESS STORIES/PRAISE FOR “GET FIT ONLINE” PROGRAM:

- I had several girls with a big turn around in attitude & behavior. One girl started asking for a pass to come to another class during her study hall. She then changed & participated fully & encouraged other girls in class as well as the library. Another girl became more positive and made great progress in her running, strength & motivation. She started the semester laying on the floor crying and saying she could not do anything. It hurt too much! Now she is smiling & trying every day! (rural...52% free lunch)
- One student lost 22 pounds in 3 months by watching what she ate & how much (city...100% free lunch)
- I had a shy introvert female who has “come out” of her shell and now is truly active, monitors her activity, nutrition, weight, fitness assessments, etc. and gets excited with her progress! (Urban/City... 100% free lunch)
- Some students who are usually disengaged during class excelled on their own using PE Fit! They were able to go at their own pace and felt a sense of accomplishment when completing a goal. (Urban/city...>80% free lunch)
- A male freshman football player lost 20 pounds and was thrilled! (Urban/city...67% free lunch)
- *80% of my students improved their fitness testing scores!*
- One of my students really struggles with understanding new concepts of health. He has started a number of conversations with me about healthy items based on reading food labels and understanding the basics of health & nutrition! (Suburban...50% free lunch)
- It was a way to integrate total health/wellness into our PE (Suburban...no free lunch)
- Students really enjoyed the program (rural 20% free lunch)
- Overall it helped to transition the “old PE” requirements/perception into the “new PE” requirements and using the standards. PE isn’t just participation but it is a “real class” with assignments & academic expectations! (Suburban...40% free lunch)
- Some students said the program changed the way they exercised & ate ((Rural...5% free lunch)
- Students liked tracking their activity to see how much they were really doing(Suburban...6% free lunch)
- The website/program verified the work that I do in PE has validity! (Rural...>60% free lunch)
- We have special needs students integrated in our classes. They were the most conscientious about keeping a portfolio of their work! (Suburban...15% free lunch)

Are you looking for a way to:

- ➔ ***incorporate technology in an engaging way for students?***
- ➔ ***motivate students to be more physical activity outside of PE Class?***
- ➔ ***monitor student activity without spending countless hours to do so?***
- ➔ ***incorporate & assess students on NASPE Standards?***
- ➔ ***educate students on fitness & nutrition concepts without sacrificing class activity time?***
- ➔ ***engage students online to complete assignment, quizzes & journals?***
- ➔ ***stimulate conversations with students around various fitness & nutrition concepts?***
- ➔ ***simplify your job?***



PE FIT'S GET FIT ONLINE PROGRAM CAN HELP YOU DO ALL THAT & MORE!

- ★The PE Fit Online “GET FIT” Program provides a comprehensive fitness & nutrition curriculum that satisfies the NASPE Physical Education Standards.
- ★The GET FIT Program teaches students how to live a healthy lifestyle in a encouraging, realistic way!
- ★Weekly online fitness & nutrition lessons, as well as, a competitive gaming format motivate students at every level to participate.
- ★“Fit Points” & “Badges” encourage students to participate in “Challenges” by recording physical activity in the exercise log, eating habits in the meal log and completing the weekly lesson, assignment and quiz.
- ★Individual incremental improvements are rewarded and celebrated as students accomplish goals, complete lessons, log lifestyle habits and meet challenge milestones.
- ★Student online activity and points are recorded by the “GET FIT” program in the teacher grade book/portal.
- ★Quizzes & assignments are automatically graded and recorded in the teacher portal.
- ★Lesson plans, activity plans, semester map are included in the teacher resources.
- ★Fitness testing scores are recorded and provide the platform for setting goals under the PYFP.
- ★Teachers can record fitness tests or access their portal on an mobile device or computer.
- ★Students can access the GET FIT Program on mobile devices, as well as, the computer.
- ★PE Fit's online GET FIT Program simplifies the work of the physical education teacher by providing the educational component for health related fitness, basic nutrition concepts, as well as, the NASPE National Standards with assessment projects.

GET FIT Program Content:

Learning Modules:

1. Getting Started with the GET FIT Program
2. Fitness Testing & Health Related Fitness Components
3. What's so important about setting fitness goals?
4. Breaking It Down...Fitness Made Simple (Part 1)
5. Breaking It Down...Fitness Made Simple (Part 2)
6. What's supposed to be on My Plate?
7. Physical Education National Standards & Assessments...what's that all about?
8. Water, Metabolism & Sleep...is there a connection?
9. Soft Drinks, Energy Drinks & Coffee...what's the big deal?
10. How much should I be eating...*really*?
11. Nutrition Facts Labels
12. It's time to get a little technical.
13. Leaders vs. Followers...who do you want to be?
14. How do you stay motivated to exercise?
15. Is Disease Prevention really possible? (Part 1)
16. Is Disease Prevention really possible? (Part 2)
17. Did you reach your fitness goals?
18. Putting it all together for healthy living!

Extra Student Resources:

- ✓ Improving Body Composition
- ✓ Improving Fitness Scores
- ✓ Fit Test Card
- ✓ RPE Scale
- ✓ Exercise Guidelines
- ✓ Workout Programs/Plans
 - Aerobic
 - Strength
 - Flexibility
- ✓ Video Links
- ✓ FITT Principle, Specificity, Overload & Progression
- ✓ HIIT Training
- ✓ BMI & % Body Fat
- ✓ Injury Prevention & Treatment
- ✓ Healthy Food Lists
- ✓ Recipes
- ✓ Just for Athletes



Teacher Resources & Portal:

- ✓ Online grade book..easy to access & view student activity
- ✓ Set up by classes or students
- ✓ All student quizzes & assignments automatically graded & sent to portal
- ✓ Online Fitness Testing Recording...multiple times if desires
- ✓ Lesson Plans for each Learning Module plus activity suggestions/plans
- ✓ Talking points included to support the online learning
- ✓ Answers to all quizzes, assignments, etc.
- ✓ Curriculum & Activity Map
- ✓ Teacher Tutorial
- ✓ Support from PE Fit
- ✓ Teacher Workshop/Training Available!

The GET FIT Program is flexible enough to be incorporated into any existing PE Program or used by homeschool, flex credit or independent study students.

Visit www.pefitonline.com for more information or contact Betty@pe-fit.com or 330-607-6196!

Professional support...“PE Fit is bringing teachers the chance of a lifetime to positively influence the direction of their student’s future health & wellness. PE Fit has shown to be effective in helping students improve physical activity, lifestyle habits and maintain or positively change BMI.”

Dr. Troy Smurawa, Kohl’s Community Youth Fitness Director, Akron Children’s Hospital

Teacher Support...Michelle Zarges, Spring Hill Junior High, Akron, Ohio

- ✓ The GET FIT Program supplies the students with one complete tool to record all of their physical fitness testing results, physical activity goals, activity plans and activity & nutrition logs.
- ✓ “I love the convenience of the PE Fit GET FIT Program!”
- ✓ “The PE Fit GET FIT Program is essential in the PE Classroom! It provides the student with the necessary tools to lead a healthy lifestyle & it allows the teacher to easily assess their student’s progress!”

PE Fit's Mission: *"Provide teachers with tools to help students embrace a healthy lifestyle."*

PE Fit's Goals:

Goal 1: Equip & motivate students to achieve a health-enhancing level of physical fitness

Goal 2: Encourage students to adopt a physically active lifestyle & healthy diet!

Goal 3: Teach students the NASPE Physical Education Standards

Goal 4: Empower teachers to confidently implement the standards & assessments!

PE FIT® Nutrition & Activity Programs focus on six key areas:

- ✓ Implementing & Assessing PE Standards
- ✓ Fitness & Nutrition Education
- ✓ Activity & Nutrition Journals
- ✓ Incorporating more physical fitness activities in the PE class
- ✓ Fitness Testing
- ✓ Student Challenges



What some students had to say...

- ✓ "I made more progress in PE this year because we set goals at the beginning & I reached all of mine."
- ✓ "After my PE Fit class, I know how important staying healthy is & exercises that I can do...I like exercise!"
- ✓ "I made a lot of progress on my fitness level because we didn't just play games all the time. We did fitness activities that challenged me to improve."
- ✓ "I stopped drinking soda. I now eat fruits for snacks instead of cookies. I have improved my grades...before I was always teetering between and A or B but now I have a solid A's."
- ✓ "I like yoga & the PACER."
- ✓ "I am falling asleep easier since I am more active and eating healthier."
- ✓ "Logging my eating habits helped me look at them and say...I can make that healthier next time. Logging my eating & exercise habits also motivated me!"
- ✓ "My family started eating something from every group on the food pyramid for dinner."
- ✓ "I have improved my eating habits because I learned what can happen if you don't! I am drinking less pop and more water plus eating more fruits & vegetables."
- ✓ "Thanks to the PE Fit Program my life has changed...and it is a good thing."

What if you don't think an online program will work for you?

Other PE Fit Resources:

PE Fit® GET FIT KIT

- ▶ **Nutrition & Activity Journal Teacher's Edition, 4th Edition**
- ▶ **Elementary Nutrition & Activity Journal, grades 3-5**
- ▶ **Intermediate Nutrition & Activity Journal, grades 6-8**
- ▶ **Advanced Nutrition & Activity Journal, grades 9-12**
- ▶ **Teen Girls Nutrition & Activity Journal & TE**
- ▶ **Five Workout DVDs: Yoga, Ball, Band, KB & Core**
- ▶ **325 Station Cards: Bands, Balls, Core, Kickboxing, Yoga, Warm-ups, Flexibility, Balance & Agility, Single Station, Multi-Station, Stations + Group Activities**
- ▶ **Teacher Activity Lesson Plans and Instructions**
- ▶ **Log Sheets: Minutes Challenge, Ab & Push-up Challenge, Distance Challenge & Food Log**



PE Fit® Programs

- Incorporate fitness activities to encourage participation by all students
- Introduce students to a variety of activities to help them find something they enjoy and will participate in beyond PE
- Encourage activity outside of school through student “Challenges”
- Teach students how to set fitness & activity goals and track progress
- Incorporate fitness testing to motivate students through improvement in tests and as a means to prove the effectiveness of the program
- Provide an easy way to assess the PE Standards!

A little “PEP Talk” for you....

Teacher Example...YOU!

- Never underestimate the impact you have on your students!
- Have fun with your students in PE...if you aren't having fun in PE ...that's a problem!
- Be enthusiastic...be a cheerleader for Physical Education & physical activity
- Encourage students to get involved in road races, charity events, hiking, back packing, biking, outdoor activities, swimming, etc!
- Plan healthy eating parties!
- Share with your students how *you* find time to “fit in fitness!”
- You may be the only active adult in their world!
- Model healthy eating!!!!
- Encourage other staff members to get active.
- Find ways to get teachers, parents and the community involved in fitness activities...walking/ jogging groups, weight training, family fun game nights, etc.
- Ask local businesses to sponsor events or donate prizes for challenges!

DON'T BE AFRAID TO TRY SOMETHING NEW!

You **are** a “Fitness Professional” if you are a Physical Education Teacher!

Expand your professional repertoire...take a new class, earn a certification, teach yourself from DVDs, learn from your students, create your own fitness exercise session...

YOU CAN DO IT!

We have to do something...

- ✓ The childhood/teen obesity and inactivity crisis in the USA will not be *solved* by top-down initiatives only!
- ✓ We have to start today to teach our children and teens how to live a healthy life!
- ✓ Health care reform in the USA will only happen **when individuals are actively engaged in the habits of healthy living!**
- ✓ **PE Fit's dream is for a world where every individual is healthy, fit and able participate in whatever activity they enjoy!**



FINAL THOUGHTS

Believe in yourself...

- ▶ You can make a change in the PE environment!
- ▶ You can learn new fitness activities & teach them to your students!
- ▶ You can be an advocate for your whole school for healthier living! (wellness)
- ▶ You can make a difference in the lives of your students!
- ▶ You can be an example of healthy living and physical fitness!

Believe in the program...whatever you choose to do!

- ▶ It will generate enthusiasm for physical fitness!
- ▶ It will generate a positive atmosphere in the class!
- ▶ It will be more successful with teacher participation!
- ▶ It will set high expectations and standards for the students!
- ▶ It will be successful!

Believe in the students...

- ▶ They will make changes in their lives!
- ▶ They will adopt new eating habits!
- ▶ They will become more physically active & enjoy it!
- ▶ They will be excited about a new program!
- ▶ They will make decisions that will lead to a healthier lifestyle!
- ▶ Their enthusiasm will have a positive effect on the whole school environment!

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Questions:

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