



## KICKS OFF the Run Program to Prepare for the



October 20, 2008 marked the official start of The Fit Families for Life 8-week training program to prepare our students for the Tampa Bay Lightning Reindeer Run. Students and staff rallied and cheered in a pep rally to kick off the effort, the first ever rally at our Tampa Center!

Students, by grade, competed in the school spirit cheer. Encouraged on with a surprised guest, **The Tampa Bay Lightning's Thunderbug**, the 6<sup>th</sup> grade put their hearts and bodies into the challenge winning the **most spirit award!** Each class participated in fun physical activities including a 4-way tug of war.

The students are off to a great start for their training program, focusing on running, walking, physical activity, and healthy nutrition guides. Each student received a course guide that included goal setting, nutrition information, exercise tips, a weekly journal, healthy resources, and much more. Students can "GO the Extra Mile" and win activity incentives every week by doing physical activity outside of school.

Fit Families for Life piloted an 18 week health and nutrition program at Academy Prep last year that is continuing with 6<sup>th</sup> and 7<sup>th</sup> grade classes now.

We want to thank the Lightning Foundation, BlueCross Blue Shield, Thunderbug, and Lightning dancers, Mrs. Crane, Mrs. Duryea, YMCA Coaches, for this inspiring pep rally and for designing and bringing the Fit Families for Life initiative to Academy Prep students!



Our Favorite Bug Helps Out a Team!



The Lightning's Thunderbug cheers on the Fifth Grade and Ms. Knapp.