



## Amerigroup Fitness Challenge

**When:** The BGCWA Amerigroup Fitness Challenge will start on February 4 and finish on March 31.

*Kickoff Event : Saturday Feb 4<sup>th</sup> from 10 – 11, Spokane Boys & Girls Club, 544 E. Providence Ave. Spokane, WA*

**What:** Clubs will select one the following two Daily Challenges, stemming from the Boys & Girls Clubs of America (BGCA) six Daily Challenges. This challenge will be conducted at the Club, with Club members, for eight weeks.

- (1) Jump Rope Challenge** – The Triple Play Jump Rope Challenge promotes regular physical activity. The Challenge motivates Club members to have fun and be active and on the move every day.
- (2) Walk/Run Challenge** – With this Challenge, Club members train for eight weeks and are encouraged to participate in a local walk/run or a one-mile course near their Clubs. Training for a specific goal, such as a one-mile, five-kilometer or 10-kilometer race, gives participants something to anticipate as they gradually increase activity levels and measure their progress. Youth learn firsthand how easy and rewarding regular physical training can be.

Before beginning the daily challenge, a pre-challenge to measure Jump and Running Skills, as well as ability to perform shuttle run, push-ups, and curl-ups should be conducted alongside each member's goal setting. At the end of eight weeks Clubs will tally participation and performance results and the highest performing Clubs will receive rewards!

Our goal for this challenge is that during the following eight weeks youth will learn proper activity techniques, while building endurance that will prepare them for future activities. The challenge events will be conducted and scored for each youth. The Fitness Challenge emphasizes intrinsic motivation, confidence, and physical competence as three characteristics in children and teens that ultimately lead to physical literacy.

**Who:** Boys & Girls Club staff will target any age group of their choice at the Club.

**Where:** Each Club will conduct its competition outside on a field and/or in the gym.

**Why:** BGCA, BGCWA, and Amerigroup believe in the benefits of a healthy lifestyle. Club members will compete against themselves and strive for improvement – building intrinsic motivation, confidence, and physical competence – thus enhancing the Club's overall culture of wellness.

**How to:** With the help of the Daily Challenge and National Fitness Competition Resource Guides, found on the BGCA Website, participating Clubs will execute the program, alongside other Boys & Girls Clubs in Washington. FUN, COMPETITION, TEAMWORK and RECOGNITION should be incorporated within this challenge. Because every Club is unique, this challenge and competition is not a "one-size-fits-all" format. These Resource Guides provide opportunities for customization so each Club can structure its own, individualized competition.