



**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 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 for 40 days, 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*.

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 you can do so on our website www.totalfitnesschallenge.org, sign up and login your information!

Thank you and have fun!

Sincerely,

Michael J. Cusick
Member of Assembly



Total Fitness Challenge Certificate
Information Form

.....
*Child's Name

.....
*School

.....
*Grade as of September 2016

.....
*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

.....
*Please have Parent/Guardian Sign
(Must be signed to be eligible for medal)

*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@nyassembly.gov

*Sign in using our website
www.totalfitnesschallenge.org*



Assemblyman Cusick's 2016 Total Fitness Challenge

**“Move your
body, stretch
your mind”**

**Sponsored by
Assemblyman Michael J. Cusick
cusickm@nyassembly.gov**

**Sign in using our website
www.totalfitnesschallenge.org**

Check out our website www.totalfitnesschallenge.org for free activities

Assemblyman Michael J. Cusick 2016 Total Fitness Challenge

“We pledge to read together for at least 30 minutes for 40 days 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.”

Check website for Free Bonus Activity Days this Summer!		July 2016						Weekly Point Totals
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
				SAMPLE C,E,G,S	☑ MC	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								

Total July Points: _____

Check website for Free Bonus Activity Days this Summer!

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Point Totals
SAMPLE C,E,G,S <input checked="" type="checkbox"/> MC	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	
7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	
14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	
21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	
28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>				

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

Total August Points: _____

**Reminder: Fill out total points on front*

We would like to thank our local partners in helping us provide a whole fitness program encompassing the mind and the body!



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



Dragon Kim Karate USA

933 Richmond Avenue, Staten Island, NY, 10314 • 718-494-1234
272 New Dorp Lane, Staten Island, NY, 10306 • 718 979-5400
599 Manor Road, Staten Island, NY, 10314 • 718-494-8882

2016 Total Fitness Challenge

Early Readers

I Spy Fly Guy (by *Tedd Arnold*). This book brings us a new adventure about Fly Guy playing hide-and-seek with his pal Buzz. Fiction. Grades preschool – 3.

Fancy Nancy: Budding Ballerina (by *Jane O'Connor*). Fancy Nancy loves going to ballet class so much that she decides it's time to give her family ballet lessons. Fiction. Grades preschool-3.

Are You Ready to Play Outside? (An Elephant and Piggie Book) (by *Mo Willems*). Piggie is excited to play in the sunshine, but a rainy day threatens to ruin the fun. Fiction. Grades preschool-2.

Pete the Cat: Pete at the Beach (by *James Dean*). Pete spends the day at the seashore with his family. His brother offers to give him surfing lessons, but the water looks scary. Fiction. Grades preschool-3.

Elementary Books

Finding Winnie: The True Story of the World's Most Famous Bear (by *Lindsay Mattick*). The tale of the real black bear that inspired the character of Winnie-the-Pooh is told with beautiful watercolor illustrations. Non-fiction. Grades K-3.

George Bellows: Painter with a Punch! (by *Robert Burleigh*). This is the biography of a baseball player turned artist who spent most of his adult life in New York City capturing the energy of its people, from inside the boxing ring to swimmers diving into the East River. Biography. Grades 3-7.

Willie and Me (by *Dan Gutman*). Part of the Baseball Card Adventures Series books, 13-year-old Stosh can use baseball cards to travel in time. This is the perfect mix of action and history for the youngest baseball fans. Fiction. Grades 3-7.

Postcards From (Postades Desde) New York City: (Traveling with Anna/Viajando Con Ana) (by *Laura Crawford*). When visiting New York City, Anna sends postcards home detailing the famous landmarks she visits. Fiction. Bilingual. Grades 4-7.

Martin's Big Words: The Life of Dr. Martin Luther King, Jr. (by *Doreen Rappaport*). This pictorial biography uses stunning watercolors and Dr. King's own words mixed with the author's prose to depict one of the world's greatest civil rights leaders. Biography. Grades K and up.

Through My Eyes (by *Ruby Bridges*). This moving memoir of the first black student to attend an all-white school in 1960 is rich in history, simple in language and illustrated with photographs. Memoir. Grades 3-7.

Tibet Through the Red Box (by *Peter Sís*). This is the author's story of being separated from his father as a child, and years later, receiving a red box containing his father's diary from his time in Tibet. Memoir. Grades 4-6.

The Year of the Dog (by *Grace Lin*). Grace is the daughter of Taiwanese immigrants who is celebrating the Year of the Dog. This is the year she is supposed to find herself as she struggles to integrate her two cultures. Fiction. Grades 3-7.

Make Way for Dyanonde Daniel (by *Nikki Grimes*). Dyanonde is a third grader coping with her parents' divorce, her move to a new neighborhood and school. She's a smart, confident girl seeking a new best friend. Fiction. Grades 2-4.

Middle School Readers/Tweens

10 True Tales: Heroes of 9/11 (by *Allan Zullo*). A book of stories about the events on the day of September 11, 2001, this book focuses on character and is a tribute to the first responders at the Pentagon, the World Trade Center and those who fought back on United Flight 93. Non-fiction. Grades 4-7.

Bird in a Box (by *Andrea Davis Pinkney*). During the Great Depression, in a small town in upstate New York, three children find hope in the boxing matches of Joe Lewis as he fights to become the country's next heavyweight champion. Fiction. Grades 3-7.

A Long Walk to Water: Based on a True Story (by *Linda Sue Park*). Nya is an 11-year-old girl in Sudan in 2008 and Salva is a boy in 1985, one of the "lost boys" of Sudan. Their story is told simultaneously and their lives intersect in a surprising and moving way. Non-fiction. Grades 5-8.

A Tugging String: A Novel about Growing Up During the Civil Rights Era (by *David Greenberg*). Duvy's father is a civil rights lawyer who represents Martin Luther King, Jr. and the protesters in the voting rights march from Selma to Montgomery. We learn about 12-year-old Duvy's daily life from his worries about his baseball game to the sometimes scary and noble impact that his father's work had on the family. Memoir. Grades 4-8.

Forgotten Bones: Uncovering a Slave Cemetery (by *Lois Miner Huey*). A skeleton head rolls off a dirt pile at a construction site in Albany, NY, and an archaeology dig is begun. The bones of 18th-century slaves are discovered and photos, illustrations and diagrams help us understand what their lives were like. Non-fiction. Grades 4-8.

Heat (by *Mike Lupica*). Michael is a 13-year-old little league pitcher living in the shadow of Yankee Stadium. This is a great story for baseball lovers and one in which the main character struggles in order to achieve his goal. Fiction. Grades 5-9.

Roller Girl (by *Victoria Jamieson*). While this book is about the sport of roller derby and was written by a real-life derby girl, the story is one of friendship and determination as experienced by 12-year-old Astrid. Fiction. Grades 4-8.

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
- B. Gardening (with parent) 5 points
- C. Walk around the block (with parent) 5 points
- D. Make a sandcastle 5 points
- E. 25 jumping jacks 5 points
- F. Bike riding/Skateboarding/Scootering 10 points
- G. Soccer/Football/Baseball/Basketball/Hockey/Softball/Tennis 10 points
- H. Jump rope 10 points
- I. Hopscotch 10 points
- J. Tag/Manhunt 10 points

Points per 30 minutes

- K. Dancing 10 points
- L. Swimming 10 points
- M. Karate 10 points
- N. Miniature golf 5 points
- O. Bowling 5 points
- P. Walking 5 points
- Q. Jogging/Running (for 10 minutes) 10 points
- R. Shoot 25 foul shots 10 points
- S. 25 push-ups or 25 sit-ups or 25 curl-ups 10 points
- T. Ice/Roller Skating 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