



**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 2017**

.....
***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 2017 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 2017 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 2017							Weekly Point Totals					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
					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"/>	
<input type="checkbox"/>	30	<input type="checkbox"/>	31											

Total July Points: _____

Check website for Free Bonus Activity Days this Summer!

August 2017

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	
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	
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	
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	
27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31			

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 Avenue
 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



Fast Break Basketball Center
 236 Richmond Valley Road
 Staten Island, NY 10309
 • 718-948-3710



New York Mets
 Citi Field
 123-01 Roosevelt Avenue
 Queens, NY 11368



College of Staten Island
 2800 Victory Boulevard
 Staten Island, NY 10314
 • 718-982-2000

2017 Total Fitness Challenge

Early Readers

Drop it, Rocket! by *Tad Hills*. A dog named Rocket is ready to find new words for his word tree with his teacher, the little yellow bird. Fiction. Grades pre-K-1.

Big Egg by *Molly Cox*. Hen discovers a huge egg in her nest one morning and visits all the farmyard animals to find out to whom it belongs. Fiction. Grades pre-K-1.

May I Please Have a Cookie? by *Jennifer E. Morris*. Alfie learns that tricks don't get him a delicious cookie, but saying please will. Fiction. Grades K-1.

Elementary Books

Children of the Longhouse by *Joseph Bruchac*. This is an exciting story which also portrays Native American life during the 1400s where tribal boys' conflicts can be settled by a lacrosse game. Fiction. Grades 3-6.

The Secret Subway by *Shana Corey*. This is the true story of New York City's first subway. In the 1860s, Alfred Aly Beach built a fan-powered train that traveled underground, 40 years before the modern subway system was built. Non-fiction. Grades pre-K-3.

We Came to America by *Faith Ringgold*. America is a country rich in diversity. This book is a tribute to every American that came before us and reminds us that equality is a group endeavor. Non-fiction. Grades K-3.

Maya Angelou by *Lisbeth Kaiser*. This is a book in a series about outstanding women. It follows Maya Angelou from her childhood through her experiences as an actress/singer, civil rights activist and beloved writer. Non-fiction. Grades K-3.

Fearless Flyer: Ruth Law and Her Flying Machine by *Heather Lang*. In 1916, Ruth Law flew through fierce winds and numbing cold and broke the existing cross-country distance record for flying. Non-fiction. Grades K-3.

The Year of the Rat by *Grace Lin*. Change is the meaning of the Chinese year of the rat. Pacey's best friend moves away and she faces her own doubts to decide if she can become the writer and illustrator she hopes to be. Fiction. Grades 3-7.

The Brooklyn Bridge: The Story of the World's Most Famous Bridge and the Remarkable Family that Built It by *Elizabeth Mann*. This book tells the story of a remarkable family and a legendary feat of engineering. It contains rare and historical photographs, diagrams and powerful illustrations. Non-fiction. Grades 4-8.

Broadway Star (Stage School) by *Lisa Regan*. Any child aspiring to become an actor or actress will love this book as readers get into character for the stage. The basics of Broadway performance are reviewed. Non-fiction. Grades 3-6.

Two Friends: Susan B. Anthony and Frederick Douglass by *Dean Robbins*. This book is based on the real-life friendship between Susan B. Anthony and Frederick Douglass who both lived in Rochester, NY, for a time. They regularly met for tea to support one another, and the text introduces children to the issues of both African-American rights and women's rights. Fiction. Grades K-3.

Astrophysicist and Space Advocate Neil Degraffe Tyson by *Marne Ventura*. This is the biography of the man who is the director of New York's Hayden Planetarium. The book explores his childhood in the Bronx, his academic career and his status as a scientific expert. Non-fiction. Grades 3-6.

Drita, My Homegirl by *Jenny Lombard*. This is the story of a family coming to America from war-torn Kosovo and how friendship can overcome a vast cultural divide. Fiction. Grades 3-5.

IDissent: Ruth Bader Ginsburg Makes Her Mark by *Debbie Levy*. This book about the life of Supreme Court Justice Ruth Bader Ginsburg proves that disagreeing doesn't make you disagreeable. She has spent her life disagreeing with inequality and standing up for what's right. Non-fiction. Grades pre-K-3.

Middle School Readers/Tweens

The Education of Ivy Blake by *Ellen Airgood*. This is a story about finding the family you need and taking charge of your own future in order to be your best self. Fiction. Grades 4-6.

Walking Two Worlds by *Joseph Bruchac*. This book is a true story about the early education of a Native American who became famous and achieved great success within both the white world and the world of his Seneca people. Fiction. Grades 5 and up.

Under the Same Sky by *Cynthia DeFelice*. When Joe wants a motorbike, his father makes him work on the family farm in upstate New York picking berries and working alongside migrant workers. Joe learns about their struggle. Fiction. Grades 5-9.

Taking Flight: From War Orphan to Star Ballerina by *Michaela and Elaine DePrince*. This is the memoir of a girl's journey from an orphanage in war-torn Sierra Leone to becoming the principal dancer of the Dance Theatre of Harlem. Non-fiction. Grades 6 and up.

So You Want to Be A Wizard? by *Diane Duane*. This is the first in a series of 10 books about two lonely kids caught up in a never-ending battle between good and evil. Fiction. Grades 5-8.

The Great Shelby Holmes by *Elizabeth Eulberg*. Nine-year-old Shelby is the best detective in her Harlem neighborhood. Fiction. Grades 3-6.

You Want Women to Vote, Lizzie Stanton? by *Jean Fritz*. This biography of a 19th-century feminist gives a picture of the world that women lived in and why it was so hard to change society. For example, her father thought girls weren't as important as boys and her husband was embarrassed by her public speaking. Non-fiction. Grades 3-6.

The Road to Paris by *Nikki Grimes*. This is a book about friendship, family and faith told through the character, Paris, in search of a home in a harsh world. Fiction. Grades 4-7.

A Bandit's Tale: The Muddled Misadventures of a Pickpocket by *Deborah Hopkinson*. In 1887, 11-year-old Rocco arrives in New York City and is forced to live in squalor and beg for money. He finds the city's cruelty to children and animals intolerable and decides to make things better despite a cost to himself. Fiction. Grades 4-7.

Skating With the Statue of Liberty by *Susan Lynn Meyer*. This book is about a French Jew who emigrates with his family from occupied France in 1942. It's about the struggles of immigrants as well as racism and religious intolerance in America. Fiction. Grades 4-7.

Riot by *Walter Dean Myers*. During the summer of 1863, the worst race riots the U.S. has ever seen take place in New York City. Claire, the daughter of an Irish mother and black father, finds herself torn between the two sides. Fiction. Grades 7 and up.

The Hero Two Doors Down: Based on the True Story of Friendship Between a Boy and a Baseball Legend by *Sharon Robinson*. Steve, age 8, learns that his baseball hero, Jackie Robinson, is moving into his all-Jewish neighborhood in Brooklyn. Lessons in friendship, respect and unity follow. Fiction. Grades 4-7.

8th Grade Superzero by *Olugbemisola Rhuday-Perkovich*. Despite an embarrassing start to the school year resulting in the nickname "Pukey" in his Brooklyn middle school, Reggie discovers the value of community activism through volunteering at a homeless shelter and becoming a Big Brother volunteer. He decides he has the courage to run for class president. Fiction. Grades 5-9.



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

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