



PALA+ CHALLENGE TOOLKIT

What is *Let's Move! in Indian Country*?

2

First Lady Michelle Obama launched the *Let's Move! in Indian Country* campaign in May 2011 to improve the health of American Indian and Alaska Native youth, who have the highest obesity rates of any demographic or ethnicity studied. Throughout our country's history, Native communities have provided some of the best examples of healthy food and sustainable community-based practices. We must all play a role in ensuring that Native American youth get to live the healthy futures they deserve.



Four Pillars of *Let's Move! in Indian Country:*

1. Create a healthier start on life for children
2. Create healthier learning communities
3. Ensure families access to healthy, affordable & traditional food
4. Increase opportunities for physical activity

What is PALA+?

The Presidential Active Lifestyle Award Challenge will help you add physical activity to your life—and now, it will also help improve your eating habits. That’s why it’s now called PALA+. Get active and eat better, and you’ll feel better, too. Plus, you’ll earn an award.

•Physical Activity Goals:

- Adults, age 18 and older**, need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks.
- Kids and Teens, between 6 and 17 years old**, need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks.

•Healthy Eating Goals:

- Each week, you’ll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you’ll be giving your body more of the good stuff it needs.
- Details of these healthy eating goals can be found on the tracking log on page 7.**

Have access to a pedometer?

Counting steps can be an easy way to accomplish the PALA Challenge!

Adults: 8,500 steps

Boys: 13,000 steps

Girls: 11,000 steps



Steps to Getting Started

There are two ways that you can participate in PALA+:

Paper Registration and Tracking:

- **Use the registration form on page 6 to register your group.** Please note, if you are registering a group, you will need to assign a PALA+ coordinator. Submit the registration form to letsmoveinindiancountry@doi.gov, or fax it to 202-208-5873.

- **Track your progress using the Tracking form on page 7.**

- **Report your completions:**

- You can report online at:

- <https://www.presidentschallenge.org/celebrate/paper-logs.shtml>, you will need to enter group number **97158**

- Or fax the completion form to fax it to 202-208-5873.

- The completion form can be found on page 9.

Online Registration and Tracking:

- Go to www.presidentschallenge.org/lmic

- Create a user account.

- Join the LMIC PALA group. Our group number is **97158**.

- If you want to start your own group, email

- letsmoveinindiancountry@doi.gov with the name of your group, so your efforts get counted toward our goal.

How to Run A Successful Challenge

- **Raise Awareness:**
 - Publicize the event. Ads are located online at: <http://www.doi.gov/letsmove/indiancountry/AdCouncil.cfm>
 - Involve leaders in the community as role models for the challenge.
- **Plan a PALA+ Kickoff event:**
 - Hold a kick-off event! Hold a mile walk, a relay race event, or a community basketball tournament.
 - Hold a Family Fitness Night! For details, go to <http://www.boxtops4education.com/familyfitnessnight/>
- **Follow Up with Participants:**
 - Follow up with participants throughout the 6 weeks to ensure that everyone is filling out their tracking logs.
 - Report the number of participant completions after the conclusion of the Challenge!



INDIAN COUNTRY

PALA+ Challenge

Registration Form

Registering for the Challenge is easy and it's great for everyone's health! We're excited to start this Challenge with the new Presidential Activity Lifestyle Award, known as PALA+ which combines physical activity with healthy eating.

Community/Organization

Address

City

State

Zip Code

The Challenge

Duration: Challenges are run over an 8 week period to maximize participation.

PALA+ Coordinator or Individual Participant

Name

Email Address

Phone Number

Number of Participants

Report your completions online at

<https://presidentschallenge.org/lmic>

Email or fax your completions to

LetsMoveInIndianCountry@doi.gov

or (202) 208-5873

The role of the Coordinator

Management: Make sure students are filling out tracking logs

Encouragement: Encourage and motivate students to reach their goals

Engagement: Participate in biweekly conference calls for recommendations of activities

Report: Register group, compile number of participant completions and send to LetsMoveInIndianCountry@doi.gov

Share: Let us and your community know about success stories. Be sure to include pictures!





Presidential Active Lifestyle Award: Activity + Nutrition (PALA+)

PALA+ promotes physical activity AND good nutrition, because it takes both to lead a healthy lifestyle. Sign up for the six-week program to help you maintain or improve your health. Anyone age 6 and older can earn their PALA+ today – sign up at www.presidentschallenge.org or use the log on the reverse side.

PHYSICAL ACTIVITY A healthy life is an active life. Youth (6-17 years old) need to be active at least 60 minutes a day (or 11,000 steps for girls and 13,000 steps for boys). Adults (18 and older), 30 minutes (or 8500 steps). So, take a walk with friends, bike ride after dinner, garden, or play a game of basketball at the park. Get your heart pumping and your muscles moving. When you've logged six weeks of physical activity, congratulations. You've started a regular routine for a more active lifestyle.

GOOD NUTRITION

Start eating healthy. It's easier than you think! Take it one step at a time. Commit to one new healthy eating goal this week, and circle it on your weekly PALA+ log. The following week add a different goal – but make sure you continue to maintain your healthy eating goal(s) from the week(s) before. Focus on your healthy eating goals every week and remember, the more often you incorporate them into your lifestyle, the better you will feel. When you've achieved six different healthy eating goals, congratulations. You've started a routine for a healthier lifestyle.

Tips for Healthy Eating:

Make half your plate fruit and vegetables.



Keep it simple by filling half your plate with fruits and vegetables at meal time. The more colorful you make your plate; the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy. Remember that all forms count – fresh, frozen, canned (fruit in water or 100% juice), dried, or 100% juice.

Make half the grains you eat whole grains.



An easy way to eat more whole grains is to switch from a refined grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread, brown rice instead of white rice, and low-fat popcorn instead of snack chips. Read the ingredients list and choose products that list a whole-grain ingredient first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," "quinoa," or "wild rice."

Choose fat-free or low-fat (1%) milk, yogurt, or cheese.



To help build your bones and keep them strong, dairy products should be a key part of your diet because they provide calcium, vitamin D, and many other nutrients your bones need.

Drink water instead of sugary drinks.



Regular soda and other sweet drinks such as fruit drinks and energy drinks are high in calories because they have a lot of added sugar. Instead, reach for a tall glass of water. Try adding a slice of lemon, lime or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

Choose lean sources of protein.



Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (label says 90% lean or higher), turkey breast, or chicken breast. Grill, roast, poach, or boil meat, poultry, or seafood instead of frying. Include beans or peas in main dishes such as chili, stews, casseroles, salads, tacos, enchiladas, and burritos.

Compare sodium in foods like soup and frozen meals and choose foods with less sodium.



Read the Nutrition Facts label to compare sodium in foods like soup, bread, canned vegetables, and frozen meals – and choose the foods with lower amounts. Look for "low sodium," "reduced sodium," and "no salt added" on food packages.

Eat some seafood.



Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart healthy fat). Adults should try to eat at least 8 ounces a week of a variety of seafood. Children can eat smaller amounts of seafood too.

Pay attention to portion size.



Check to see what the recommended portion sizes of foods you eat look like in the bowls, plates, and glasses you use at home. For example – check 3/4 cup cereal, 3 ounces cooked chicken, 1 cup milk, 1/2 cup of juice. When dining out avoid "supersizing" your meal or buying "combo" meal deals that often include large size menu items. Choose small size items instead or ask for a "take home" bag and wrap up half of your meal to take home before you even start to eat.



Participant Name _____ Age _____ Date Started _____

Group ID (if applicable) _____ Date Completed _____

Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Select a goal for this week.			

Week 2	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			

Week 3	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			

Week 4	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			

Week 5	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			

Week 6	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			

Healthy Eating Goals

- I made half my plate fruits and vegetables
- I drank water instead of sugary drinks
- I ate seafood
- At least half of the grains that I ate were whole grains
- I chose lean sources of protein
- I ate smaller portions
- I chose fat-free or low fat (1%) milk, yogurt, or cheese
- I compared sodium in foods like soup and frozen meals and chose foods with less sodium

INSTRUCTIONS: Online: Create an online account at www.presidentschallenge.org. Participate as an individual or join a group (ID at the top of page if applicable). Once you achieve PALA, you're eligible to receive a certificate! **Paper:** Use this hard copy log to track your progress. Once completed, report your accomplishment and receive your certificate at www.presidentschallenge.org! Or, if part of a group, make sure to return it to your group administrator to get recognized.



**LET'S MOVE! IN
INDIAN COUNTRY**

PALA+ Challenge

Completion Form

LET US KNOW THE GREAT JOB YOUR PARTICIPANTS DID!

Thank you for participating in the Presidential Active Lifestyle Award Challenge. Hopefully, the participants found the challenge helped develop daily healthy habits. Please fill out this form to document the total number of completions.

Community/Organization

Total Participants Who Completed PALA+

**PALA+ Coordinator
Name**

Email Address

Phone Number

Counting the Completions

Collect Tracking Logs: PALA+ Coordinators should collect all tracking logs from participants

Tally the Results: Only participants who completed the PALA+ challenge can count toward final numbers. They should have a complete tracking log with 60 minutes of physical activities each day, for 5 days per week, for 6 weeks.

Report your completions online at

<https://presidentschallenge.org/celebrate/paper-logs.shtml>

Email or fax your completions to

LetsMoveInIndianCountry@doi.gov or (202) 208-5873

Tells Us Your Success Stories!



REMEMBER

WHEN YOU FIRST GAVE ME TO THE KIDS



We would hit the sidewalk, going faster and faster, listening to the concrete pass under my wheels. Remember the hours we spent at the skate park, hitting ramps and flying through the air! We had so much fun! Heck, Dad, 60 minutes of play time each day is all I need. Please?

P.S. I'm still laying here where they left me.

Get ideas. Get involved. Get going
at letsmove.gov/indiancountry.

