



**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 2015 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 every day, 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*.

We are now partnering with local organizations to provide a whole fitness program encompassing the mind and the body! Check out these local groups for special promotions for participants throughout the summer. The YMCA has the *Strong Kids* program, the JCC the *Physical Activity Club* for youths on Staten Island. When signing up or purchasing books, please bring a copy of your *Total Fitness* brochure.

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 we have just created a new website www.totalfitnesschallenge.org, sign -up and login your information!

Thank you and have fun!

Sincerely,

Michael J. Cusick
Member of Assembly



Excellence in Reading and Fitness Certificate

Information Form

.....
*Child's Name

.....
*School

.....
*Grade as of September 2015

.....
*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@assembly.state.ny.us**

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



The 2015 Total Fitness Challenge

“Move your body, stretch your mind”

**Sponsored by
Assemblyman Michael J. Cusick
cusickm@assembly.state.ny.us**

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

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

Assemblyman Michael J. Cusick 2015 Total Fitness Challenge

“We pledge to read together for at least 30 minutes each day 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 2015										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"/>	30	<input type="checkbox"/>	31	<input type="checkbox"/>			

Total July Points: _____

Check website for Free Bonus Activity Days this Summer!

August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Point Totals
					SAMPLE C,E,G,S	<input checked="" type="checkbox"/> 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						

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 are now partnering with local organizations to provide a whole fitness program encompassing the mind and the body! Please contact these local groups for special promotions for participants throughout the summer. When you sign up, just bring your Total Fitness Challenge brochure to be eligible for these great opportunities.



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



1466 Manor Rd. Staten Island, NY 10306 • 718-475-5210

2015 Total Fitness Challenge

Subject Headings (authors & grade levels in parentheses)

Early Readers

Zero the Hero (by Joan Holub). This rhyming, funny story introduces children to the mathematical principles of zero. Fiction. (Grades 1–5).

Hero Story Collection (DC Super Friends) (by various authors). This is a book for comic-book and superhero fans. Batman, Superman and all the DC Super Friends come together in this action-packed collection. Fiction. (Grades preschool–1).

The Bravest Dog Ever: The True Story of Balto (by Natalie Standiford). This book tells the story of an Alaskan sled dog that leads a team of dogs through subzero temperatures to deliver medicine. Non-fiction. (Grades K–3).

Nate the Great (by Marjorie Weinman Sharmat). This is the first in a series of detective stories in which the hero, Nate, eats pancakes, leaves a note for his mom and heads out to solve mysteries for his friends. Fiction. (Grades 1–4).

Elementary Books

Sybil Ludington's Midnight Ride (by Marsha Amstel). In 1777, 16-year-old Sybil volunteers to gather her father's troops to prevent the British from marching into New York. Non-fiction. (Grades 2–4).

Mayor of Central Park (by Avi). In 1900, Central Park is a city populated by a menagerie of animals. When jewel thief rats plan to invade, they turn to Oscar, the mayor and manager of their baseball team. Can he save them and their park? Fiction. (Grades 4–7).

When Jessie Came Across the Sea (by Amy Hest). A 13-year-old orphan reluctantly leaves her grandmother, immigrates to New York City and works for three years earning money to bring her grandmother to the U.S. Fiction. (Grades 1–4).

If You Lived When Women Won Their Rights (by Anne Kamma and Pamela Johnson). This is a collection of short biographies about Lucy Stone, Elizabeth Cady Stanton, Lucretia Mott, Susan B. Anthony, Sojourner Truth, Alice Paul and Carrie Chapman Catt. Non-fiction. (Grades 2–5).

Carmelo Anthony (by Sloan MacRae). This book tells the story of Anthony's life, from his childhood to his ascent to the NBA. The book includes action photos. Non-fiction. (Grades 2–5).

Brave Girl: Clara and the Shirtwaist Makers' Strike of 1909 (by Michelle Markell). This is the true story of a young immigrant girl's role in the 1909 women laborer's strike protesting unfair working conditions in the garment district. Non-fiction. (Grades preschool–3).

Middle School Readers/Tweens

Colonel Theodore Roosevelt (by David A. Adler). Rough rider, monopoly-buster, conservationist and President, Theodore Roosevelt left a large mark on both the country and his native New York. Non-fiction. (Grades 5–9).

Chains (by Laurie Halse Anderson). In 1776, sisters Isabel and Ruth are sold to loyalists in Manhattan. Isabel spies on her owners who know details of British plans for invasion. Isabel seeks freedom for herself, New York and her country. Fiction. (Grades 5–10).

One-Handed Catch (by Mary Jane Auch). Sixth-grader Norman loses his hand in an accident and learns to use hard work and humor to live with his disability and succeed at baseball, art and other activities. Fiction. (Grades 5–9).

Taking Flight: From War Orphan to Star Ballerina (by Michaela DePrince and Elaine DePrince). This memoir chronicles the author's remarkable journey from orphan in war-torn Sierra Leone to principal dancer with the Dance Theatre of Harlem. Non-fiction. (Grades 6 and up).

Sophisticated Ladies: The Great Women of Jazz (by Leslie Gourse and illustrator Martin French). This collective biography of singers begins in the 1920s with Bessie Smith and Ethel Waters and ends with current performers Cassandra Wilson and Diana Krall. It contains a full-page portrait of each singer and references jazz clubs in Harlem. Non-fiction. (Grades 7 and up).

David Karp: The Mastermind Behind Tumblr (by Karen Latchana Kenney). This is the story of the creator of Tumblr. Non-fiction. (Grades 4–8).

Hero (by Mike Lupica). Zach is a 14-year-old who learns he has the same special abilities as his father, who was the President's globe-trotting troubleshooter until "the Bads" killed him. Now Zach must decide whether to use his powers in the same way. Fiction. (Grades 5–10).

Gods of Manhattan (by Scott Mebus). Twelve-year-old Rory discovers a spirit world within New York City, filled with fantastical creatures and people from the city's past who have become gods and goddesses and who have chosen Rory to perform a dangerous mission. Fiction. (Grades 3–8).

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