



Family Fun – Get Fit!

Pillar: Life Skills

Work with your family to set and achieve fitness goals with the help of the Presidential Youth Fitness Program!

Many parents who grew up in the 70's, 80's, or 90's may have memories of working toward the Presidential Youth Physical Fitness Awards.

Those awards are still around, and in the era of COVID-19, have been modified so that kids can do the activities at home with their families!

Set a goal for 31 days, and work together as a family to keep healthy in a time when it is difficult to do so! Don't worry – no chin ups are required!

Exercises:

- **Push-ups** - Track how many you can do in two minutes, or until you lose steam.
- **Curl-ups** - Track how many you can do in two minutes, or until you lose steam.
- **Sit & Reach** - Measure how many inches you can stretch forward
- **Pacer Test** - Set up two cones or other markers and count your laps back and forth
- **Squats** - Track how many you can do in two minutes, or until you lose steam.

View exercise tutorials here: <https://www.pyfpathome.org/exercises>

There are more exercise tutorials than you need for the at home challenge. That's okay! The videos were made for a back to school challenge, so that tracking sheet he refers to is different. There is also no tutorial for the Sit & Reach, but you can read instructions here: <https://www.topendsports.com/testing/tests/home-sit-and-reach.htm>.

Visit the Presidential Youth Fitness Program website at to get started! <https://www.pyfpathome.org/pyfpathome> Scroll to the bottom of the page to find an **At Home tracking sheet** to download and the **At Home standards** by age.

When you're finished: You can purchase a patch to celebrate your accomplishment at the PYFP store: <https://www.pyfpstore.org/collections/patches>

