

GUARD FIT

CHALLENGE

Offered at no cost as a service to our communities



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INFORMATION



ARE YOUR STUDENTS GUARD FIT?

Whether you want to get your team in shape, or enhance your current curriculum workout routine, Guard Fit Challenge can help you achieve those fitness goals! The program offers the resources you need to challenge your students to work out better and start seeing results. This program is designed specifically for high school juniors, seniors, and college students. This is provided at no cost.

OUR PROGRAM INCLUDES

- Exercise & nutrition tips
- Videos demonstrating proper workout techniques
- Interactive tools for measuring and tracking fitness programs

HOW IT WORKS

At your request, an Army National Guard representative will come to your school and present Guard Fit Challenge during class or a team practice. There are 45 minute and 90 minute versions of the lessons, depending on how much time you have. After the presentation of the Army Physical Fitness Test (APFT), the Army National Guard representative can return to present a full-body workout (core, upper body, and lower body) and a cardio workout. During both of the follow-on lessons, the presenter can measure students' progress using the Army Physical Fitness Test standards.

CURRICULUM STANDARDS

Guard Fit Challenge is a great opportunity for schools to receive a valuable public service that may help them meet National Association for Sport and Physical Education (NASPE) Content Standards and National Health Education Standards including:

- Movement Forms
- Movement Concepts
- Physical Activity
- Physical Fitness
- Understanding Challenge
- Reducing Health Risks
- Setting Goals for Good Health

PROGRAM REQUIREMENTS

There are minimal equipment requirements and the program can be done indoors or outdoors (weather permitting). This presentation can accommodate up to 40 students with an educator in attendance. The curriculum was developed with high school Jrs, Srs and college students in mind.

