

The Hudson TMA's "Golden Sneaker Award" Program

GET YOUR SCHOOL INVOLVED TODAY!

As experts continue to tout the benefits of walking, the Hudson TMA strives to promote kid-friendly programs that encourage students to develop healthier lifestyles and environmentally-sound values.

Students in grades 2-3 are each given pedometers and classes compete to attain the highest number of steps. It's an excellent way for children to learn to make smarter decisions that help reduce traffic and pollution within our community. It also allows them to start a healthy habit now, while still having fun!

- **Teach an Important Environmental Lesson**
- **Encourage Students to Maintain Healthy, Active Lifestyles**
- **Combine Elements of Math, Science & Geography**
- **Engage Kids in a Group Activity that Fosters Teamwork**
- **Enjoy an Interactive School Presentation**
- **Display the "Golden Sneaker" in Your School's Trophy Case**

To bring the Golden Sneaker Program to your school call us at 201-792-2825 or e-mail us at info@hudsontma.org. This program is offered free of charge to Hudson County Schools.



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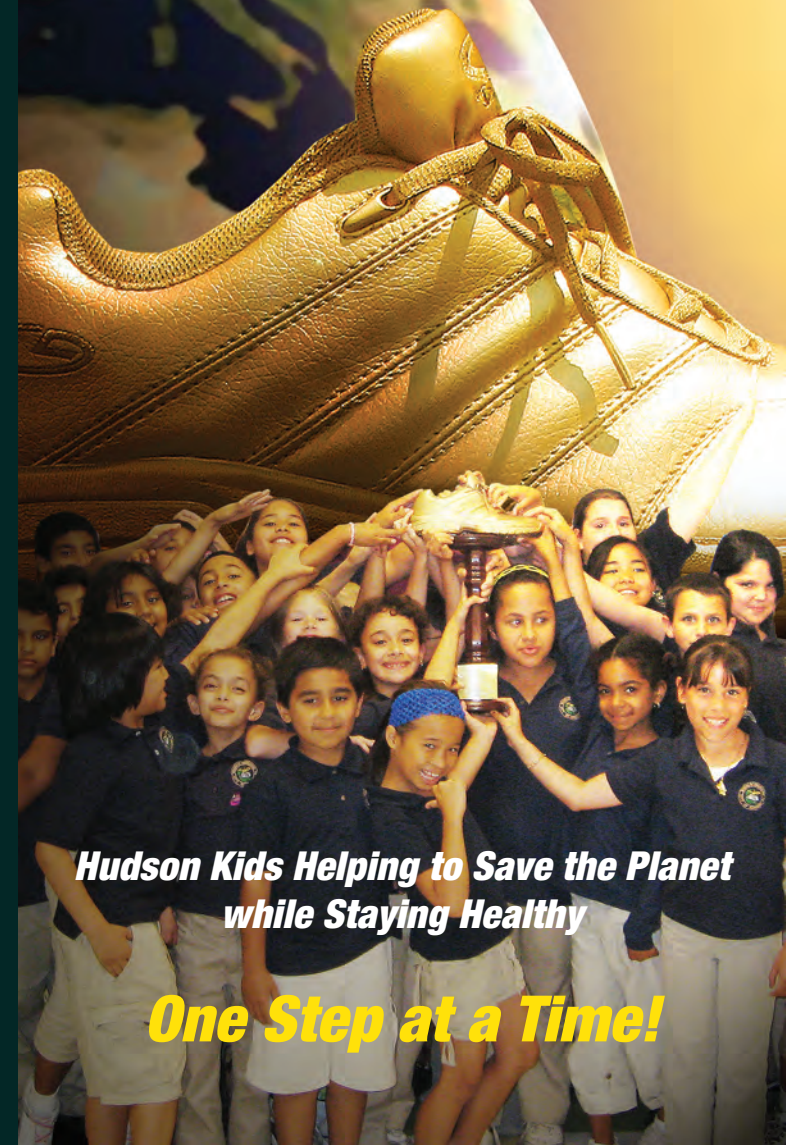
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The Hudson TMA GOLDEN SNEAKER AWARD



**Hudson Kids Helping to Save the Planet
while Staying Healthy**

One Step at a Time!

The preparation of this newsletter has been financed by the US Department of Transportation and the Federal Highway Administration. The United States Government assumes no liability for its contents or use thereof.

Getting Started

(It's simple...)

The program runs for 1 week (Monday to Friday).

The TMA provides pedometers for students to carry with them to record the number of steps walked during one 24-hour period. **Pedometers are loaned to the school free of charge.**

Teachers assign the students who will record their steps that day. Participants are rotated until every eligible student gets to compete.

Teachers record the data each morning and calculate the number of steps his/her students have walked on the log-sheet provided by the TMA.

The class in your school with the most combined steps WINS!

The Hudson TMA is grant-funded and able to offer its programs at no cost to schools. Program specifics and further information about the Golden Sneaker Award Program can be obtained by calling us at 201-792-2825 or e-mailing info@hudsontma.org.

Increase Learning!

Teachers can, if they wish, turn the program into an additional opportunity for learning by:

MATH

Performing daily tallies and additions
Rank order pedometer readings from lowest to highest

SCIENCE

Discuss the health benefits of walking
Calculate distance
Highlight the benefits to the environment

GEOGRAPHY

Display on a map the possible destinations the class could have reached with their total steps walked



"As a teacher I particularly liked the opportunity to add other educational components to the contest. I was able to incorporate exercises in mathematics, science and health. My students thought the contest was tremendously fun and it motivated them to stay engaged in the learning process."

— **Ashley LaParre,**
3rd Grade Teacher
Robinson School, Bayonne

Additionally, the Hudson TMA offers an interactive presentation to the students when staff members visit the school to award the trophy. This fun lesson illustrates the students' power to save the environment by showing how much carbon was saved just by this walking contest. Students learn that with small changes, you can make a big difference. The assembly is typically extended to students in grades 1 through 4.

Everyone Wins!

The Hudson TMA will reward the winners with the "Golden Sneaker" trophy, which will be displayed in your school. All the classes that participate receive an honorary certificate to acknowledge their good walking efforts!

PRIZES!

- 1ST PRIZE:** Golden Sneaker Trophy
- 2nd Prize:** Honorary Certificate
- 3rd Prize:** Honorary Certificate

To learn more about our other school programs, such as Walk to School or Bicycle Safety, or our Annual Stride & Ride Bike Rodeo, please call the Hudson TMA at 201-792-2825.



Golden Sneaker