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.

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 important environmental lessons
- 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 201.324.6222 or e-mail us at info@hudsontma.org. This program is offered free of charge to Hudson County Schools.

Thomas A DeGise **Hudson County Executive**



Hudson Transportation Management Association A Division of the Hudson County Improvement Authority

> Norman M. Guerra **Chief Executive Officer**

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HUDSON TMA

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The Hudson TMA is dedicated to promoting sustainable transportation in Hudson County by working with commuters, employers and municipalities.

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GOLDEN **SNEAKER** AWARD

Hudson Kids Are Making a Difference, One Step at a Time!



Sponsored by Hudson TMA A Division of the Hudson County Improvement Authority

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. Only grades 2 and 3 participate.

During the week, students take turns taking the pedometers home until all the children have participated in the competition.

Each morning the steps taken by the students on the previous day are recorded on a log sheet.

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

An Opportunity for Enhanced 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

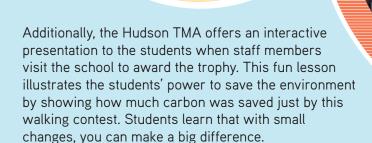
SCIENCE

- 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



Everyone Wins!

The Hudson TMA will reward the winning class with the "Golden Sneaker" trophy, to be displayed in your school, remaining there until next year's competition! All the classes that participate receive an honorary certificate to acknowledge their good walking efforts!

Prizes!



FIRST PRIZE: Golden Sneaker Trophy



SECOND PRIZE: Honorary Certificate



THIRD 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 HudsonTMA at 201.324.6222.