



## 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 email us at [info@hudsontma.org](mailto:info@hudsontma.org). This program is offered free of charge to Hudson County Schools.



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

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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!

HUDSON KIDS ARE WINNING



HELP SAVE THE PLANET



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

201.324.6222 [www.hudsontma.org](http://www.hudsontma.org)

## Getting Started–It's Simple!

The program runs for 1 week (Monday to Friday), and is available to students in grades 2 and 3 only.

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.

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



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.

## 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

