



Spring MoveAbout 2008!

Join the many of schools across Buncombe County that participated in last seasons Moveabout Incentive Program like Asheville Middle School who moved 21,325 minutes, Barnardsville Elementary who moved 23,274 minutes, and Asheville High School who moved a total of 77,317 minutes!

Moveabout is a program that encourages worksites and schools to create healthy lifestyles through regular physical activity. This program is easy to understand and implement. Plus, by using minutes instead of miles, it allows for participants to accumulate minutes of activity from a variety of sources. Activity minutes can come from racking leaves to yoga, biking to dancing, and everything in between, or even classroom activities with their students. Not only will you be creating a healthier lifestyle for yourself, you will be a positive role model for the youth in Buncombe County.

Moveabout will run for 10 weeks beginning March 3, 2008 and wrapping up on May 18, 2008. This is a great self-report program therefore there will be little assistance from you- we will provide all of the materials (logs and flyers) your school will need in a training manual. You just need to provide a little encouragement and motivation.

NEXT STEPS: Please complete the following by March 10, 2008.

- 1. Identify a coordinator for your school.**
- 2. Send me contact information (including email) of your school coordinator. I will only be communicating with your school contact.**

Help make this season another successful one; we cannot do it without the help of you and your school staff! I look forward to hearing from you very soon. Please send your coordinator information to: Kassie Jensen at 775-1033 or via email at kjensen@ymcawnc.org.

REMEMBER: The program begins on March 3, 2008; therefore I need your coordinator to contact me as soon as possible

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