



## Fitness on the Fox

Dear Parents,

We are proud to announce that our 22<sup>nd</sup> annual boat race is back! "Fitness on the Fox" **begins on Wednesday, April 16 and ends on Wednesday, April 30**. And, new for 2025, our two-week K-5 reading and exercise program has a fun addition... your student's participation in "Run From the Heart" will earn his or her classroom a bonus 20 miles! (These miles will automatically be added to classroom totals and don't need to be tracked on logs.)

Students will be challenged to read and exercise **outside of school** every day for two weeks, track minutes, have entries made "official" with a parent's signature, and convert those minutes into miles. Attached please find your first "mileage log". As the minutes add up, so do the miles! As full mileage logs are turned in, classroom boats sail along a map of the Fox River to see who can get the farthest in our two-week race. Students should pick up new mileage logs in their classrooms (or print them from the HES PTO website) and keep tracking minutes through 4/30.

To encourage participation for all grade levels, we will have individual classroom winners for each grade level and an overall winner for the school. Last year, Mr. Ruckoldt's 5th grade class traveled the most miles and earned the coveted "Golden Oar", our traveling trophy.

Beyond knowledge of a route and the ability to read maps, boating down a river requires endurance and stamina. Please join us in stressing the importance of academic and physical fitness by encouraging your child(ren) to participate in reading and exercising at home. Let's get these boats from southeastern Wisconsin to Ottawa, IL (and maybe back again!) to show how much we can accomplish in two weeks!

Thank you,  
Heartland PTO

### How can you earn miles? Here are some examples:

Students may count any "ACTIVE" activity they do outside of school on the "mileage log":

- Playing outside (tag, hide-n-seek, jump rope, trampoline, etc.)
- Roller blading, skateboarding, riding bikes, swing set, swimming, playing at a park
- Walking, running, or jogging (walking your dog or walking to school counts, too!)
- Sport practice or game (soccer, gymnastics, baseball, karate, dance, cheerleading, etc.)

Any reading also earns miles for your classroom:

- Reading to an adult or on your own (let an adult know when you start and stop)
- Being read to by an adult (bedtime stories or any fun/leisure reading)

**60 minutes of reading or physical activity = 1 mile earned**