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# FITNESS IS FUN

A Monthly Newsletter on Physical Activity, Nutrition, Fitness, Awards and Much More

NEWS & STORIES FROM THE PRESIDENT'S CHALLENGE - BE ON THE GO AND IN THE KNOW!



## IN THIS ISSUE

### QUICK LINKS

[Join the Challenge](#)

[PCFSN at fitness.gov](#)

[More About Us](#)

[Our Advocates](#)



How has the President's Challenge made a difference in your life, school or community?

Please e-mail your story to [info@presidentschallenge.org](mailto:info@presidentschallenge.org) to be considered for our

## DECEMBER 2013

To receive this newsletter in a text-only format, please e-mail: [info@presidentschallenge.org](mailto:info@presidentschallenge.org).

*We have changed the format of our newsletter to make it easier to enjoy. Each story will link to a web page devoted to all articles within each section: Get Informed, Get Active, Get Nutritious, Get Inspired, and Get Involved.*

### GET INFORMED

- **ATTENTION: Our Office Has Moved!**
- **New Issue of Research Digest Now Available**
- **President's Council on Fitness, Sports and Nutrition Annual Awards**
- **Presidential Youth Fitness Program Now Offers Comprehensive In-Person Training**
- **Product of the Month - President's Challenge AE2720 Pedometer**
- **2014 is Quickly Approaching - Enhance Physical Education with the Presidential Youth Fitness Program**
- **Upcoming Events**

### GET ACTIVE

- **Own the Court This Winter - The Physical and Mental Health Benefits of Basketball**
- **Give The Gift of Health & Fitness! - Utilize the PCFSN Healthy Challenge Card**

### GET NUTRITIOUS

- **10 Things You Didn't Know About Ginger**
- **Surviving the Holiday Season with the Cooper Institute and *Today I Will***

### GET INSPIRED

- **Miami-Dade County Public Schools is All in for Physical Activity**
- **Participant Spotlight: Kaelin Kolb - Motivation, Preparation and Determination Key to Accomplishing Goals**

"Get Inspired" feature.

**GET FIT.  
GET ACTIVE.**

#thepresidentschallenge

- Advocate of the Month - Caron Butler's 3D Foundation
- Share Your Inspirational Story with Us!

**GET INVOLVED**

- How to Volunteer as a Coach or Official with the Special Olympics

We hope you enjoyed this month's issue of *Fitness is Fun*.

As we begin to create our next issue, we would like to hear from you!

We welcome questions or comments regarding current content and are open to suggestions for future topics we should address.

E-mail us at [info@presidentschallenge.org](mailto:info@presidentschallenge.org).

Sincerely,  
The *Fitness is Fun* staff @ the President's Challenge