

Dear Concerned Citizen!

WE ARE WALKING, CYCLING, AND SKATING ACROSS THE U.S., AND NEED YOUR HELP!

Every day the public is bombarded with news stories about the obesity epidemic. In the U.S., one third of adults are now classified as obese, and two thirds as overweight. The number of overweight children has tripled in the last two decades. The problems with obesity range from health issues, such as increased prevalence of Type II Diabetes and depression, to financial strain on businesses and the public in the form of low productivity, absenteeism and obesity-related health care costs.

The problem can seem overwhelming, and make you believe that there is not much you can do to help. But thanks to a few dedicated citizens from Chico, California, there is now something concrete and simple you can do to become part of a movement that is innovative, logical, and practical.

Just about every child has physical education at school. We could stop, or even reverse the obesity trend if all children would learn in P.E. what they need to know and be able to do in order to be active for life. It is, of course, vital that we help them develop physical activity habits right now. The research shows clearly that active, healthy children are more likely to grow up to be active, healthy adults!

A team of inspired, young adults are dedicating nine months of their lives (June 2007-March 2008) to help get kids moving and promote quality, standards-based physical education. They are walking, skating, biking, canoeing, kayaking, dancing, dribbling, etc. from the Pacific Ocean to the Atlantic Ocean via the American Discovery Trail. A group of graduate students at California State University, Chico are joining the Center for Advancement of Standards-based Physical Education Reform (CASPER) to help raise funds for this trek. At the same time we are helping students and their teachers in communities get important tools, such as pedometers, to help them get motivated to move more.

If you want to be part of this movement and make a difference for children, please read the attached materials and become a part of the solution! With your help we will succeed in our goals, which include:

- Providing pedometers and lesson ideas for every P.E. class
- Funding Skye The P.E. Guy and his team on their cross-country trek
- Generating media attention in local and national markets (-think Oprah!)
- Creating awareness and demand for quality physical education for all children.

We hope that you will join us in this grass-roots effort as we are “Fighting the obesity epidemic 10,000 steps at a time”! Thank you for your time and attention in this very important matter!

Sincerely,

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Skye The P.E. Guy , the Skye-Walkers, and You!

- **What:** Skye The P.E. Guy and his crew will be promoting physical activity and quality physical education by walking, skating, biking, canoeing, kayaking, dancing, dribbling, etc. from the Pacific to the Atlantic via the American Discovery Trail. Students and teachers at schools across the world may sign up to be Skye-Walkers and participate in a Skye-Walkers Challenge to get kids moving and make them aware of Skye The P.E. Guy, his journey and his mission to promote physical activity and quality P.E. Businesses and individuals may adopt classes or schools through CASPER, which will provide the schools with pedometers to use for this challenge, -and to keep forever. Skye and his crew will stop at schools and community centers along the route to get communities involved in the Skye-Walkers Challenge. **We are expecting local and national media attention.**
- **When:** Skye The P.E. Guy and his team will be leaving Chico on June 1st, 2007 to go to San Francisco to start the trek from coast-to-coast. The trek will take approximately nine months. With sufficient funding, the Skye-Walkers Challenge will continue even after the trek is complete with new adventures.
- **Why:** Quality Physical Education should be the foundation for a lifetime of physical activity for all children. Too many children and adults do not get enough activity in their day, and many physical education teachers are not aware of how much (or little) their students really move. Lack of activity is a leading cause of our rising obesity epidemic. Obesity and inactivity contribute to many of our most deadly diseases, such as heart disease, Type 2 Diabetes, and certain forms of cancer. There are numerous common ailments, such as back pain, arthritis and depression that can be eased or cured with regular physical activity. This problem costs society hundreds of billions of dollars per year in lost work hours, health care costs and workers' compensation. Quality physical education provides more opportunities for physical activity in class, but more importantly it helps students develop the skills, knowledge and desire they need to be active now and for the rest of their lives. Pedometers are inexpensive tools teachers can use to assess student activity levels in their classes. Pedometers can also motivate people to get the recommended amount of steps in a day, which is essential for good health. While most teachers would love to have this technology available for their students, most do not have the funds to buy a class set of high quality pedometers.
- **How:** A business or individual may become an active partner in fighting the obesity epidemic by:
 - adopting one or more Physical Education teachers/schools, which provides them with class sets of pedometers and lesson ideas.
 - adopting a school library which provides take-home pedometers that will be available for students to check out. This type of program encourages physical activity after school. It allows children to teach their parents how to use a pedometer, and about the importance of being physically active.
 - Once the schools receive the pedometers, they will be able to participate in the Skye-Walkers Challenge by virtually joining Skye The P.E. Guy on his trek across the U.S. A map will be updated regularly on the Skye The PE Guy/CASPER site (www.skyethepeguy.org) so that Skye-Walkers can track their steps and follow Skye, virtually, on his route.

Adopt a class/school donations, which are **tax deductible**, will also allow CASPER to help Skye The PE Guy in his efforts to spread the word across the nation about the role of quality physical education in fighting the obesity epidemic, and the importance of physical activity.

Adopt a School to Get Kids Moving!

Businesses or individuals can adopt a class or a school of Skye-Walkers. Your donation will provide quality multi-function pedometers for the school's physical education program, and standards-based, quality lesson ideas for the teachers. It will also provide funds to help Skye The PE Guy and his team go on their Pacific to Atlantic trek to advocate for physical activity and quality physical education.

YES, I would like to be a sponsor!

1. I would like to:

- a. Adopt One class/teacher (30 students) @ \$500
 Adopt Two classes/teachers (60 students) @ \$1,000
 Adopt Three classes/teachers (90 students) @ \$1,500
 Adopt a School \$500 per class x _____ classes = \$ _____

Contribute toward a class set of pedometers: \$100 \$150 \$250

I would like my donation to benefit students at the following school: _____
Teacher/grade level (optional): _____
City: _____ State: _____

- b. Contribute to Skye The PE Guy in the following amount:
\$10 \$30 \$50 Other amount: _____

2. Please provide your contact information so that we can make sure you get a donation receipt:

Name/business: _____
Address: _____
Phone: _____ Email: _____

3. I have:

- Donated by credit card ONLINE @ <https://secure.grizzardonline.com/csuchico/donations.cfm>**
****IMPORTANT!**** Please make sure that in **Step 3**, you type **"CASPER"** in the
"College/School/Department/Program" box where it says **"Please specify"**.

- Made my check payable to CASPER**, and mailed it to:
CASPER, attn: Dr. Cathrine Himberg
Department of Kinesiology, California State University – Chico
Chico, CA 95929-0330

- 4. Please fax, mail, or email this form to us, so that we can make sure your donation goes to the school/teacher of your choice (if applicable).** Use the mailing address above.
Fax# 1-530-898-4932 (attn: CASPER). Email: skyethepeguy@hotmail.com.

Thank you for joining our efforts to fight the obesity epidemic!

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With your donation you are not only providing quality pedometers for the school of your choice, you are also supporting CASPER and Skye the P.E. Guy in their efforts to promote physical activity and quality physical education as keys to fighting the obesity epidemic!

Your donation to CASPER, CSU-Chico, in the amount of \$ _____ is tax deductible in accordance with federal laws. This is not your official tax receipt. An acknowledgement letter, with tax identification, will be sent to you by the CSU Chico University Foundation.

CASPER (Center for Advancement of Standards-based Physical Education Reform) is a non-profit organization, 501 (c) 3, housed at California State University, Chico. (Tax ID # 95-1230865)

On our website www.supportREALteachers.org you will find cutting edge information about quality physical education as well as the REAL Teachers' Pledge, advocacy tools, and information for parents and administrators.