

# Governor's Healthy Ohio Team Tressel Fitness Challenge

## Tips for Family Members

Welcome to the Team Tressel Fitness Challenge - a 90-day journey to help Ohio students build healthy habits in **physical activity**, **nutrition**, and **sleep** through personalized goal setting.

Throughout the challenge, students will learn how to build a workout and lifestyle routine that supports their well-being for years to come.

We encourage families to join the fun! Kids are more likely to succeed when the whole household is involved.

### How the Challenge Works

Students will start at the Bronze Level and work their way to Gold! At each level, students will use their challenge workbook to select their activities, set goals, track their progress, and reflect on their accomplishments.

- Bronze: 6 goals, 10 days
- Silver: 10 goals, 20 days
- Gold: 12 goals, 30 days

While the challenge runs for 90 days, students are required to practice their goals for 60 days. Not all activities need to be completed on consecutive days. Rest days are okay!

### How Families Can Join In

- Take the challenge as a family! There's nothing better than quality time. Try mixing in healthy habits together like family walks or cooking new meals.
- Check in with your child regularly and remind them to work on their goals!
- Help your child set SMART goals they can achieve and feel proud of!
- Move, learn, and grow together as a family!

### Support

**All** athletes find ways to adapt their performance, movement, and support to meet their needs. Think about what targeted support your child may need to participate fully in the challenge, including modifications and adaptations. Check in with your school coordinator if you need help.

 [education.ohio.gov/TeamTressel](https://education.ohio.gov/TeamTressel)



Don't forget to check out the Team Tressel Fitness Challenge official YouTube channel to get inspired!

[YouTube.com/@TeamTresselChallenge](https://YouTube.com/@TeamTresselChallenge)

