



Expanding Wellness. Extending Life.

Presidential Active Lifestyle Award (PALA)

Earning a PALA takes six out of eight weeks of commitment to movement and physical activity. There is a wide range of activities and it is suitable for people of all fitness levels.

Here's what you need to do:

- **Adults (that's anyone over 18 years old):** Meet your daily activity goal of 30 minutes of physical activity a day, at least five days a week, for six out of eight weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500). Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be on your way to a healthier lifestyle.
- **Kids and teens (that's anyone between 6 and 17 years):** Meet your daily activity goal of 60 minutes of physical activity a day, at least five days a week, for six out of eight weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000). Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be on your way to a healthier lifestyle.

Registering is easy! Go to: <https://www.presidentschallenge.org/account/register.php> and register individually. Please also create a group for your school using the name "The Atlantic Club and (Your School)" and make sure that all teachers, parents and students join the same group.

Good Luck on your PALA Challenge!