



The Great Arkansas Workout – A day that celebrates healthy living!

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## Introduction

### PURPOSE

*The purpose of the Great Arkansas Workout is to provide an incentive to Arkansas elementary schools to develop and encourage healthy life styles including physical activity and good nutrition as part of a daily routine.*

### COOPERATION

*Through the Great Arkansas Workout the Governor's Council on Physical Fitness and Baptist Health strive to establish a foundation for creating a higher level of physical activity and better community health for children by celebrating a day of physical fitness and sport.*

### CRITERIA

*The Great Arkansas Workout is not a competitive event. The focus is on the importance of regular physical activity in children. We would like all schools to have the opportunity to participate. Applications will be reviewed by the Governor's Council on Physical Fitness selection committee. The committee will review each school application based on its individual merits outlined in the application form. Due to minimal space at the State Capital schools that are chosen will only be allowed to bring a maximum of 30 student representatives from the fourth grade. We encourage schools to make this selection process a non-competitive school wide effort.*

### APPLICATION DEADLINE

*One original application must be submitted to the Governor's Council on Physical Fitness, Great Arkansas Workout Application, P.O Box 240, State University, Arkansas 72467, prior to the application deadline of 5:00 PM, April 1, 2006. Applications may be faxed to 870-972-3096; however, in order to be eligible, the original application must be mailed and postmarked not later than April 1, 2006.*



## The Great Arkansas Workout May 9, 2006

### **School Application Form** (Please Print or Type)

School Name: \_\_\_\_\_  
School District: \_\_\_\_\_  
County: \_\_\_\_\_  
School Address: \_\_\_\_\_  
School Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Contact Person & Title: \_\_\_\_\_  
What is the population of your school? \_\_\_\_\_  
Have you ever participated in the Great Arkansas Workout? \_\_\_\_\_

Describe how your school is taking steps toward improving the health and fitness levels of your students.

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Explain why your school should be selected to participate in the Great Arkansas Workout.

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A maximum of 30 students will be allowed from each school to participate in the Great Arkansas Workout. If your school is chosen explain the criteria you will use in the student selection process.

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Please postmark this form by April 1, 2006, to:

Blair Dean, Chair

Arkansas Governor's Council on Fitness

Arkansas State University: Department of Health, Physical Education and Sport Sciences

PO Box 240

State University, Arkansas 72467

Fax: 870-9272-3096