



# Dear Students

Listen as your teacher or another student reads you this letter from Minda, a TAKE 10!® Crew member.

Dear New TAKE 10! Student,

Hi there! My name is Minda. I am excited that your class has decided to join the "TAKE 10! Crew." To be a part of this team, your class should do a TAKE 10! activity and worksheet at least once during the school day. Of course, the activities are so much fun that you will want to do more than one each day.

I am sure that by now you are wondering what is TAKE 10!? Well, it is simple! TAKE 10! gets your body moving and your heart beating fast for 10 minutes. The good news about TAKE 10! is that it gives you a chance to be active while you learn. Now that's a great deal, learning and having fun at the same time.

At some point during the day, your teacher or a fellow student will lead a TAKE 10! activity in your classroom. Be sure to do your best! Once your class completes the activity, your class will do a cool down and answer the health smart questions. Then, a student will be chosen to place a sticker on the TAKE 10! poster. Also, cool worksheets are included in the materials. The worksheets go along with your school lessons and the TAKE 10! activities. They also teach you about health. Your teacher will let you know when it is time to do a TAKE 10! activity and worksheet.

One last thing, remember to TAKE 10! at home too. Any time you are active for 10 full minutes, it counts as a TAKE 10!. Your goal should be to get at least 60 minutes of activity each day. That is six "TAKE 10!s." Everyone can do that!

Staying healthy is fun, so let's get started with TAKE 10!.

Yours in Good Health,  
**Minda**



Join the TAKE 10! Crew, write your name below.



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(Student's Name)