

GO THE DISTANCE WELLNESS	
Developed by: Terrie Hanke, 2006 Teacher on the Trail 2006 and Eau Claire North High School Wellness Committee	
Discipline: Wellness or Physical Education	
Topic: Wellness Activity for Staff or Students	
Grade Level: All levels including Adults for Staff Wellness Initiative	
Resources / References / Materials Teacher Needs: Trail map, Trail marker (paw), Exercise log sheet, Pictures of villages along the trail, Demographic information for villages.	
Lesson Summary: Participants travel the distance of the Iditarod Trail by converting minutes of exercise to miles along the trail with the goal being to reach Nome before a predetermined date (perhaps the finish of the race).	
Standard's Addressed: National Physical Education Standards	
Standard 5 – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge self-expression and/or social interaction.	
Learning objectives: The participants will <ul style="list-style-type: none"> • exercise a minimum of 30 minutes 3 times per week for 1049 minutes. • improve personal cardio-respiratory condition. • enjoy activity and desire to build aerobic exercise into their personal lifestyle. 	Assessment: Completion of activity – making it to Nome!
Procedural Activities: Advertise this Wellness Initiative and encourage participants to commit to going the distance by participating in physical activity during a predetermined time frame. Suggested time frame would be during the winter “doldrums” of January, February and March up until the time of the Finisher’s Banquet. Participants are each given a “paw” to mark their way along the trail as well as a log sheet. Create a large-scale trail in a visible and easily accessible area. The visual effect of the trail can be enhanced with pictures of the villages as well as demographic information. Participants move their paw along the trail, keep a log sheet and check in with a “checker” upon reaching each checkpoint. The goal is for participants to reach Nome, order is not important. A Finisher’s Banquet can be held to celebrate the achievement of those who went the distance and token awards given for completing the activity. At North High, the Finisher’s Banquet consisted of fruits and other healthy snacks one morning before school. The award was a Plush Puppy Husky Key Chain from the Iditarod on line store.	
Materials Students Need: Marker paw and Log sheet	
Technology Utilized to Enhance Learning: Web search for trail information, checkpoint & race pictures along with village demographic information.	
Other Information: Nearly 70 of the 160 faculty and staff at North High participated in this Wellness Initiative. It was an event that reached beyond the physical structure of our building. Many friends and spouses of faculty and staff joined in the exercise just for fun and companionship. Habits can be created or broken in the span of three weeks. Participating in this activity with the support of co-workers, family and friends could be the impetus to a healthier life through committing to exercise on a regular basis.	
Modifications for special learners/ Enrichment Opportunities	

Notes