2019-20
PROJECT : FIT
HEALTH PACKET

UPMC Health Plan
The Erie BayHawks, in partnership with the Erie County Department of Health, UPMC Health Plan, and the Lake Erie College of Osteopathic Medicine (LECOM) are proud to announce Project:FIT. Project:FIT is a year-long community program promoting healthy living to the youth of Erie County through fun basketball clinics, health activities (including the NBA FIT initiatives of eating healthy, being active, and playing together), and exciting fan experiences during the 2019-20 season.

Take on the Project:FIT 4-week Challenge to win BayHawks tickets and prizes. The Challenge is designed to educate boys and girls about the importance of good nutrition, assist in finding time to be active everyday, and build individual strength.
Get Outside!

Go for a walk! Play tag! Get some shots up! Just make sure you get outside and stay active.

Your body needs at least 30 minutes of exercise every day. Just 30 minutes will help not only physically, but mentally. Get out together! Playing together is a great motivator for everyone in the group.

Great activities for outside:

- Walk the family pet
- Join a local youth sports league
- Jump rope with friends
Think Before You Eat!

HEALTHY EATING PLATE

An important part of staying healthy is eating right! This means eating vegetables and fruits. They’re good for you, we promise! Before eating a snack at school or home, stop and say “Is this good for me?” The Healthy Eating Plate above can help you decide!
Make Sure You Get Enough Water!

Drinking water is more important than you think! You should be drinking plenty of water throughout the day, at least 8 cups! One easy way to do this is to bring a water bottle with you to school. That way you don’t need to get up to go to the water fountain several times. Water helps your energy levels which helps you to stay fit and active.
Take a Friend With You!

The best way to make sure you’re staying active is to bring a friend with you! Sometimes exercising is more enjoyable when you have a buddy. Ask your friends if they want to play together, if they do, get out there together!

**Great activities to do together:**

- Go swimming
- Ride bikes together
- Go for a hike
- Play tag
ARE YOU UP FOR IT?

The Erie BayHawks want you to take part in its new fitness initiative, Project:FIT! By completing the Project:FIT Health Challenge, students and schools have the opportunity to win great prizes and earn tickets to a BayHawks game this season, while being fit.

HOW IT WORKS

1. Read through the exercise chart and get your exercise space ready
2. Look through the exercise photos
3. Complete the program and have the Project:FIT form signed by a parent, guardian or teacher after completion.
4. Return the Project:FIT form to the BayHawks once the Challenge is completed

SUBMIT CHALLENGE FORMS TO:

Erie BayHawks
Attn: Project:FIT Challenge
110 E. 8th Street
Erie, PA, 16501
Or
Email: mike.uden@nbaerie.com

IMPORTANT!

The Project:FIT 4-week Challenge forms must be completed and submitted by before March 7th, 2020. Forms are to be completed and submitted by a teacher or administrator of the school the participating child attends.

Only children attending schools in Erie County and under 13 years old are eligible to participate to receive prizes from the Erie BayHawks.
Do you have what it takes? Each student that completes the Project:FIT 4-week challenge and submits valid paperwork to their teacher or school administrator will receive two (2) tickets to a BayHawks game and be entered to win BayHawks keepsakes, autographed gear, and more!

One you’ve finished The Challenge, submit completed forms by mail to:

Erie BayHawks, Attn: Project:FIT
110 East 8th St. Erie, PA 16501

PARENT'S NAME __________________________________________

STUDENT'S NAME ________________________________________

AGE/GRADE _____________________________________________

EMAIL ADDRESS _________________________________________

HOME ADDRESS _________________________________________

SCHOOL/ORGANIZATION ___________________________________
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
<th>CARDIO</th>
<th>STUDENT INITIALS</th>
<th>TEACHER INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Wide Push Ups 3x10 Squats 3x10 Plank Walk Out 3x10 Mountain Climbers 3z10</td>
<td>Close Push Ups 3x10 Lateral Squats 3x10 Bear Crawl 25 yds Jumping Jacks 3x10</td>
<td>Wide Push Ups 3x10 Lunge w/ Rotations 3x10 Plank w/ Shoulder Taps 3x10 Jump Squats 3x5</td>
<td>45-60 mins of continuous physical activity each day. Sport of choice, basketball, soccer, running, biking, swimming, etc.</td>
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<tr>
<td><strong>Week 2</strong></td>
<td>Wide/Close Push Ups 3x5 Walking Lunges 3x10 Plank w/ Hip Rotation 3x5 Frog Hops 3x5</td>
<td>Close Push Ups 3x10 Lunge Forward &amp; Back 3x5 Bear Crawl Forward &amp; Back 25 yds Jump Squat into Frog Hops 3x5</td>
<td>Diamond Push Ups 3x5 Lunge Forward &amp; Back 3x8 Plank w/ Hip Rotation 3x10 Jump Squat into Frog Hops 3x8</td>
<td>Goal: 10,000 steps per day</td>
<td></td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>Wide/Close Push Ups 3x5 Lunge Forward, Back, Sideways 3x5 Renegade Row 3x5 Frog Hops Forward &amp; Back 3x5</td>
<td>Wide/Close Push Ups 3x15 Lunge Forward, Back, Sideways 3x8 Renegade Row 3x10 Jump Squat into Frog Hops Forward &amp; Back 3x5</td>
<td>Wide/Close Push Ups w/ Hip Rotation 3x10 Lunge Forward, Back, Sideways 3x10 Renegade Row w/ Hip Rotation 3x5 Single Leg Hop 3x5</td>
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<td></td>
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<tr>
<td><strong>Week 4</strong></td>
<td>Wide/Close/Diamond Push Ups 3x1 Lunge Forward, Back, Sideways 3x10 Turkish Get Up 3x4 Jump Squat into Single Leg Hop 3x5</td>
<td>Wide/Close/Diamond Push Ups w/ Hip Rotation 3x10 Single Leg Lateral Hops 3x10 Jump Squat into Single Leg Hops 3x8</td>
<td>Wide/Close/Diamond Push Ups w/ Hip Rotation 3x1 Plyo Squat (Squat Jumps repeated quickly) 3x10 Turkish Get Up 3x5 Single Leg Lateral Hops 3x10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PROJECT:FIT EXERCISES

WIDE PUSH UPS

SQUATS

PLANK WALK-OUT

MOUNTAIN CLIMBERS

CLOSE PUSH UPS

LATERAL SQUATS
PROJECT:FIT EXERCISES

BEAR CRAWL

JUMPING JACKS

LUNGE WITH ROTATION

PLANK WITH SHOULDER TAPS

SQUAT JUMPS

WALKING LUNGES
PROJECT:FIT EXERCISES

PLANKS WITH ROTATIONS

FROG HOPS

DIAMOND PUSH UPS

RENEGADE ROW

SINGLE LEG HOPS

TURKISH GET UPS
PROJECT:FIT EXERCISES

SINGLE LEG LATERAL HOPS

FOR MORE HEALTH TIPS AND INFORMATION VISIT:

BAYHAWKSFIT.COM
Valid for four (4) Main Level tickets to the game BayHawks game on Friday, March 20th

Valid for Friday, March 20th only

Thanks to:

ERIE COUNTY DEPARTMENT OF HEALTH

UPMC Health Plan

LECOM

Please redeem certificate from Erie Insurance Arena Box Office on or before the night of the game (Friday, March 20th).