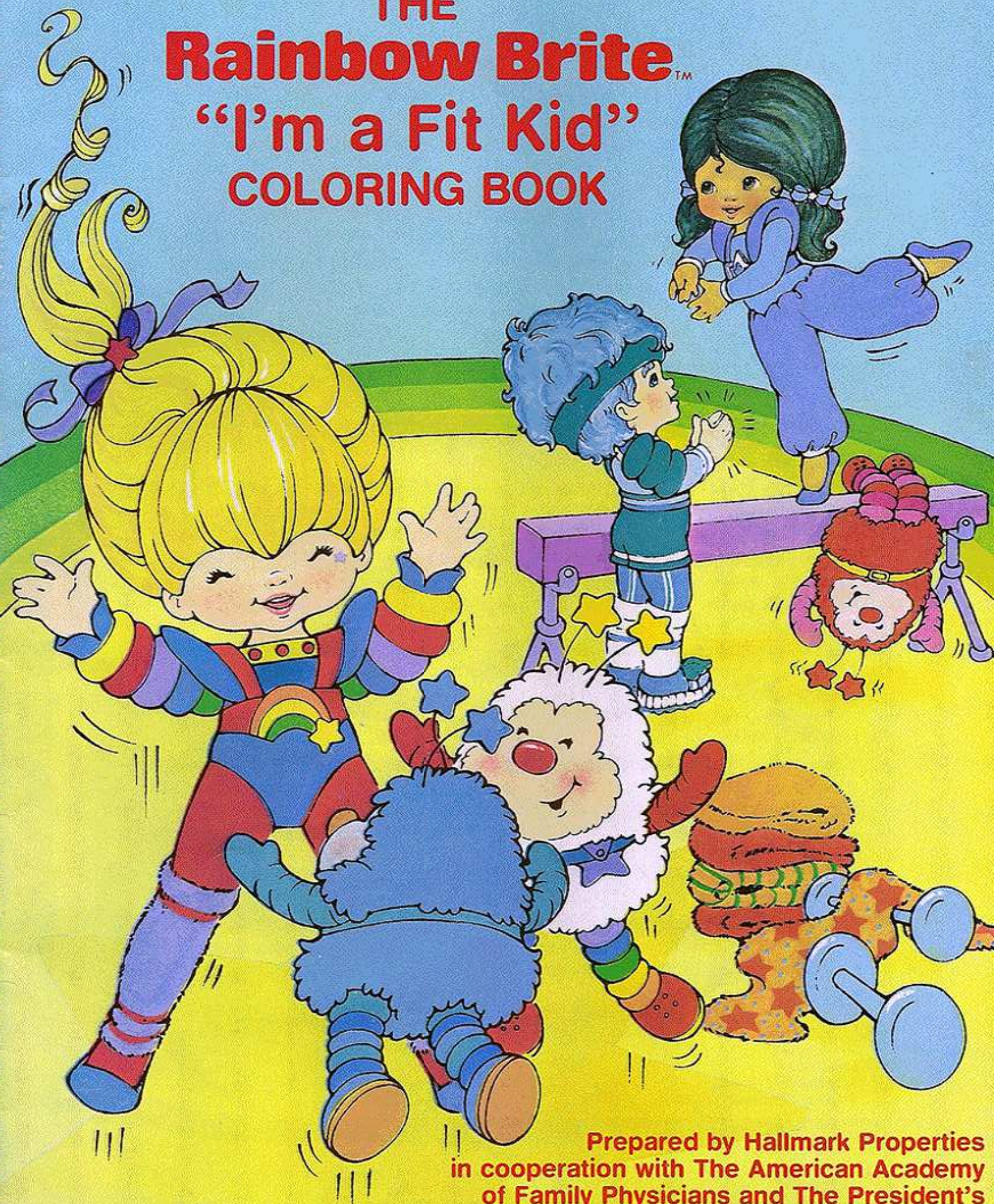


THE
Rainbow Brite™
"I'm a Fit Kid"
COLORING BOOK



Prepared by Hallmark Properties
in cooperation with The American Academy
of Family Physicians and The President's
Council on Physical Fitness and Sports

THE WHITE HOUSE

WASHINGTON

I am pleased to have this opportunity to emphasize the importance of physical fitness for very young children. The pre-school and early grade school years are a time when learning patterns, emotional development and individual expectations and aspirations are established. Children who learn the importance of physical fitness are more likely to grow up to be healthy, physically fit adults.

Nancy joins me in congratulating the sponsors of this Physical Fitness Coloring Book for providing an educational and fun way to deliver an important message. We are confident it will help young children develop an appreciation for an active and healthy lifestyle. Our nation's future depends on the guidance we give our youth today.

Ronald Reagan

Dear Parents and Teachers:

During the early childhood years, youngsters establish learning patterns and individual habits that last a lifetime. Those years are the best time to instill in young boys and girls the importance of being physically fit.

The President's Council on Physical Fitness and Sports and the American Academy of Family Physicians join Hallmark Properties to bring you this fitness coloring book as a public service. It introduces children to the concept of fitness and outlines a series of fun, easy-to-follow exercises. The calendar on the inside back cover is designed to help children track their fitness efforts from May, National Physical Fitness and Sports Month, to October, Family Health Month. When the calendar is complete, they can present it to their family doctor or other sponsor for display — a great way to reward and reinforce fitness behavior.

We hope you will read the coloring book with your youngsters and encourage them to start right now on a fitness plan. Emphasize that they are responsible for their own fitness and you are there to help. Be a role model by making exercise an important, enjoyable priority in your life. See that your children exercise in comfortable clothes and appropriate shoes. If you have general questions on fitness, contact the President's Council on Physical Fitness and Sports or ask your family physician.

Physical fitness raises children's self-esteem, improves health and enhances academic and athletic performance. Laying the groundwork today improves their chances of leading healthy, active lives now and as adults.

George Allen

George Allen
Chairman
President's Council on
Physical Fitness and Sports

Richard C. Inskip

Richard C. Inskip, M.D.
1985-86 President
American Academy of
Family Physicians



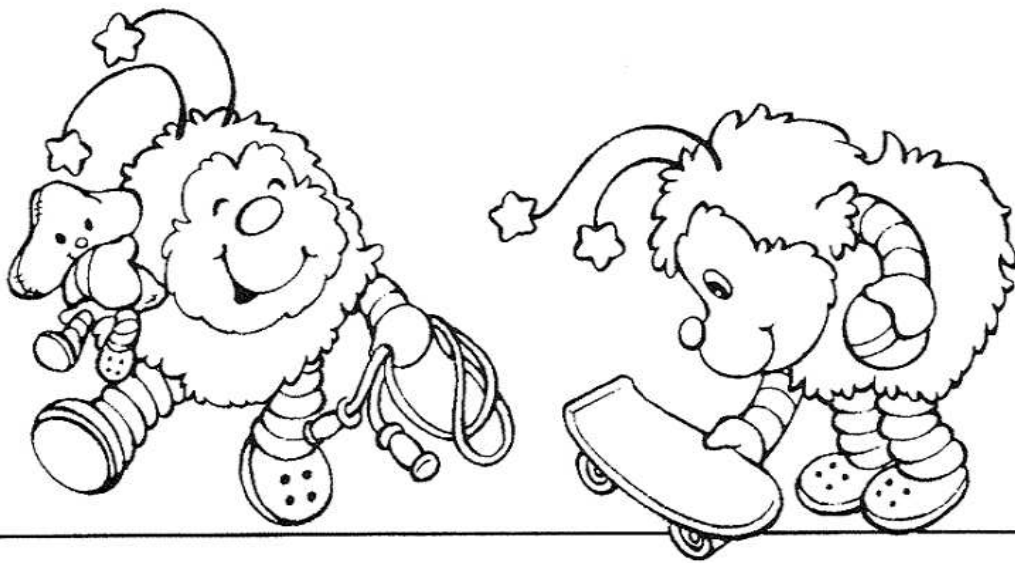
**Hi, everybody.
I'm Rainbow Brite
and I'm here to talk
about Physical Fitness.**

**This coloring book has a lot of fun
exercises and information about fitness.
It will help you to be healthy and fit
your whole life through.**

**It's important to eat right and
exercise daily--and it's fun, too!**

Okay, kids. Let's Get Fit!

Rainbow Brite



WHAT DOES “FITNESS” MEAN?

- **Being able to do your daily activities easily with a happy heart.**
- **Having lots of energy so you can do well in school, enjoy playing and do your chores at home--without getting tired and cranky.**
- **Eating a balanced diet of nutritious food that keeps you healthy.**
- **Having a strong and healthy body to help you do your best in everything!**



BEING FIT HELPS YOU HAVE MORE FUN!



FITNESS IS FOR EVERYONE!



EXERCISE + GOOD FOOD = A FIT KID



REMEMBER TO EXERCISE EVERY DAY

Rainbow Brite's Daily Workout Plan

- Always Warm Up** with exercises like arm circles, knee bends and walking in place. Then carefully stretch all your muscles.
- Build Your Muscles** by doing sit-ups, push-ups, leg-lifts, climbing activities and similar exercises.
- Strengthen Your Heart** continuously for 30 minutes by doing activities like running, bicycling, jumping rope or swimming. (You may have to start with 10 minutes and work your way up to 30 minutes.)
- Play Games and Sports** as often as you can with your friends and family.
- Keep Good Posture**, even while exercising.
- Cool Down** after your workout by stretching all your muscles again. This keeps your muscles from being sore.

It's important that your whole body is in good shape! This plan will help the different parts of your body stay healthy and fit.



WARM UP



**BY WARMING UP FROM HEAD TO TOE
YOUR BODY'S SET TO GO, GO, GO!**

BUILD YOUR MUSCLES



**SIT-UPS AND PUSH-UPS EVERY DAY
HELP YOU KEEP THE BLAHS AWAY.**

STRENGTHEN YOUR HEART



**RUNNING MAKES THE WORLD SEEM BRIGHTER
SKATING MAKES OUR CARES GROW LIGHTER!**

PLAY GAMES AND SPORTS



**TEAM-WORK IS DIFFERENT THAN "ONE-ON-ONE"--
IT'S WORKING TOGETHER FOR FITNESS AND FUN!**

KEEP GOOD POSTURE



**WALKING TALL AND STANDING STRAIGHT
HELP YOU LOOK AND FEEL JUST GREAT!**

COOL DOWN



**COOLING DOWN IS NO GREAT CHORE--
JUST TAKE IT EASY. STRETCH SOME MORE.**



**THERE'S SATISFACTION DEEP AND TRUE
IN DOING THE BEST THAT YOU CAN DO!**



**IT'S UP TO YOU TO BE REAL GOOD,
AND EXERCISE THE WAY YOU SHOULD!**



**KEEPING FIT YOUR WHOLE LIFE THROUGH
MAKES A HEALTHIER, HAPPIER YOU!**



**CONGRATULATIONS!
NOW YOU'RE ON THE ROAD TO BEING A FIT KID!
KEEP UP THE GOOD WORK AND HAVE FUN!**

Rainbow Brite's Daily Workout Plan

By completing this program of exercise and fitness, you will earn the Rainbow Brite "I'm A Fit Kid" Certificate of Achievement. Use the calendar to color in each day you exercise, then detach it and put your picture on the Award which is on the other side. Take it to your participating family doctor to sign and display in time for October's Family Health Month. Rainbow Brite, America's family doctors, and the President's Council on Physical Fitness and Sports encourage you to continue your planned program of Daily Exercise. Remember:

**KEEPING FIT YOUR WHOLE LIFE THROUGH
MAKES A HEALTHIER, HAPPIER YOU!**

MAY	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

JUNE	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

JULY	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

AUGUST	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24 31	25	26	27	28	29	30

SEPTEMBER	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

OCTOBER	FAMILY HEALTH MONTH!!
	HOORAY FOR FITNESS!!
	HOORAY FOR YOU!!

"I'm a Fit Kid"
CERTIFICATE OF ACHIEVEMENT

This hereby certifies that

(print name here)

Has successfully completed the
RAINBOW BRITE™
Exercise Program for Physical Fitness.



(attach
photo here)



I'm a Fit Kid

Rainbow Brite

Doctor or Sponsor

**"Keeping fit your whole life through
makes a healthier, happier you!!"**