

The logo features a green silhouette of a person running, positioned above a green rectangular box containing the text "LIVING IN A HEALTHY STATE" in white capital letters.

California Governor's Council on Personal Fitness and Sports

As one of the key aims in Scouting is personal fitness, the Western Los Angeles County Council, along with all Boy Scout Councils in California, encourages you to participate in Governor Schwarzenegger's **ActiveCA** program to establish California as the nation's Fitness State with all Californians striving to meet their personal physical fitness and health goals.

The **ActiveCA** program is easy to fit into your daily life, and if you follow it, you will feel & look better, have more energy, be healthier, and perform better at work and personal activities.

Governor Schwarzenegger challenges you to improve your level of physical activity in three easy steps:

- 1. Sign up for your membership at "<http://www.activeca.org>" and receive a membership card and simple instructions to follow.**
- 2. Track your activity level each week with your own personalized calendar that **ActiveCA** supplies.**
- 3. Be active for 30-60 minutes, 3 days each week, at a level that is comfortable or a challenge to you. Maintain this schedule for 4 weeks and earn your reward.**

After completing the first challenge, you can move on to more advanced challenges. The website will guide you in your climb to feeling better.

The website also makes it easy to encourage others and sign them up to participate in the program, so they can feel better like you and we can all support a healthier California.

Visit the official website www.ActiveCA.org to register, receive fitness tips, and begin promoting a healthier, more active YOU!

For those who do not have access to a computer, you can use a computer at your local Library.

ActiveCA Governor's Challenge

Take the Challenge!

Get Active!

Live in a Healthy State!

