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The Presidential Active Lifestyle Award (or PALA+) is a program of the President's Council

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00:00:08,100 --> 00:00:10,900

on Fitness, Sports & Nutrition.

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00:00:10,900 --> 00:00:17,233

PALA+ promotes physical activity and good nutrition, because it takes both to lead a healthy lifestyle.

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00:00:17,233 --> 00:00:24,699

The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your goals.

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PALA+ is available within SuperTracker; to participate in the PALA+ program, first create a SuperTracker account.

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00:00:33,700 --> 00:00:39,833

Once you are logged into your account, find the PALA+ page under the Track Food & Activity menu.

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00:00:39,833 --> 00:00:44,899

You can find more information about how the program works here.

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00:00:44,900 --> 00:00:48,500

Click the "Start PALA+" button to kick it off.

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00:00:48,500 --> 00:00:53,433

Your program will begin on the first Sunday after you sign up.

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00:00:53,433 --> 00:00:57,499

In the meantime you can familiarize yourself with the PALA+ dashboard.

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00:00:57,500 --> 00:01:00,366

There's a link to it on the PALA+ page.

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00:01:00,366 --> 00:01:04,132

This is where you'll view your progress throughout the program.

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00:01:04,133 --> 00:01:11,766

There are 9 healthy eating goals. You need to complete 6 of the 9 goals, and at least 1 of them needs to be a dietary limit goal.

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00:01:11,766 --> 00:01:14,299

Choose the goals that work best for you.

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00:01:14,300 --> 00:01:17,000

You also need to meet your physical activity goal.

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00:01:17,000 --> 00:01:20,733

There are two parts – active minutes and active days.

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00:01:20,733 --> 00:01:26,033

To earn PALA+, adults need to do at least 150 minutes of physical activity each week.

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00:01:26,033 --> 00:01:29,633

And children and teens need to do at least 300 minutes.

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00:01:29,633 --> 00:01:34,033

Both adults and children need to be active at least five days a week.

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00:01:34,033 --> 00:01:38,899

When your program is underway, use SuperTracker's Food Tracker and Physical Activity Tracker

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00:01:38,900 --> 00:01:42,600

to record your foods and activities.

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00:01:42,600 --> 00:01:50,166

On the Food Tracker page, search for each food and beverage item and add it using the food details card on the left side of the page.

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00:01:50,166 --> 00:01:58,132

As you add foods that count toward your PALA+ healthy goals, you'll see messages congratulating you on your progress!

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00:01:58,133 --> 00:02:04,099

To save time, you can use the favorite foods list, copy meals, and my combo features.

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00:02:04,100 --> 00:02:11,166

Find demonstrations on how to use these features on the SuperTracker site tour video page under the Help menu.

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00:02:11,166 --> 00:02:15,666

You add your activities in the same way on the Physical Activity Tracker page.

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00:02:15,666 --> 00:02:21,899

Search for and add each activity.

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00:02:21,900 --> 00:02:24,133

Now let's go back to the dashboard.

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00:02:24,133 --> 00:02:27,966

Remember you can get there from the PALA+ page.

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00:02:27,966 --> 00:02:33,566

In the first 5 weeks of the program, you can work towards achieving as many goals as you can.

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00:02:33,566 --> 00:02:40,466

If you don't complete a goal, don't worry – healthy habits are developed over time and you can try again next week.

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00:02:40,466 --> 00:02:47,499

Starting in week 6, you can earn PALA+ by completing your physical activity goal and at least 6 of the 9 healthy eating goals.

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00:02:47,500 --> 00:02:51,233

Keep in mind that at least 1 needs to be a dietary limit goal.

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00:02:51,233 --> 00:02:56,866

If you don't complete the requirements in week 6, you can try again in weeks 7 and 8.

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00:02:56,866 --> 00:03:03,566

And, if you meet your goals in weeks 6, 7, and 8, you can win a special PALA+ Premium Award.

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00:03:03,566 --> 00:03:06,599

When your program is completed, great job!

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00:03:06,600 --> 00:03:10,066

Visit the PALA+ page to access your certificate.

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00:03:10,066 --> 00:03:16,232

There's also a PALA+ report that you can check at any time during your program or after it ends.

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00:03:16,233 --> 00:03:18,866

You can find it under the My Reports menu.

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00:03:18,866 --> 00:03:21,932

It'll give you a summary of the goals you met each week.

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00:03:21,933 --> 00:03:24,833

For more details, check out the PALA+ user guide.

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00:03:24,833 --> 00:03:28,899

You can get to it under the Help menu or on the PALA+ page.

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00:03:28,900 --> 00:03:38,666

Thanks for watching! We hope you'll give PALA+ a try!