



Operation Tone-Up Comparison¹

PROGRAM ELEMENT	Operation Tone-Up®	Power Play	Dairy Council®	Spark™	Catch
Focus	PE, Nutrition and Physical Activity	Fruits/Veggies and Physical Activity	Food and Physical Activity	Physical Activity	Physical Activity
Aligned with National Health and PE Standards	Yes	No	Yes	Yes	Yes
Aligned with State Health and PE Standards	Yes	Yes	Yes	No	No
Aligned with National English Language Arts and Math Standards	Yes	No	Yes	No	No
Evidence-Based: ² <ul style="list-style-type: none"> • Lowers blood pressure • Lowers resting heart rate • Improves muscle strength and endurance • Improves academic performance • Improves attendance See Testimonials here	Yes	No	No	No	No
All materials included	Yes	No	No	No	No
Teacher prep time	1 Minute	10-20 Minutes	5 Minutes	10 Minutes	10 Minutes
Technology and Structured Components: <ul style="list-style-type: none"> • Interactive DVD & Student Workbooks • Rigorous Structured Exercise Routines • Teacher's Quick Start Guide • Web-based Curriculum Support • Formative and Summative Assessments: PE, PA & Nutrition 	Yes	No	No	No	No
School / District / State Competition	Yes	No	No	No	No
At Home Component	Yes	No	No	No	No
Maintenance Component	Yes	No	No	No	No
Cost ³	\$20 per Student	Equipment	Equipment	\$2,699 - \$4,699 Plus Equipment	\$225 - \$1,995 Plus Equipment

¹ Comparison data taken from program Web sites and other sources.

² Evidence data is available in the Educators section of our Web site at www.operationtoneup.com

³ Qualified schools can receive Operation Tone-Up free the first year.

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