



**PAYSON UNIFIED
SCHOOL DISTRICT #10**



April 21, 2014

Dear Tony Lamka,

I would like to thank you for the opportunity to implement the Operation Tone-Up program at Julia Randall Elementary School this year. I have seen life changing & aha moments throughout the course of the program. I believe because of student's exposure to the Operation Tone-Up program, many of these changes will have life-lasting implications.

This program has also improved my knowledge of the 6 nutrients and how to present the information so students not only understand the concepts, but they remember them. The lessons, the music, the workbook, the videos, were all high energy and FUN. Students looked forward to each lesson and continued discussion regarding the work-out and the 6 nutrients into their classrooms, onto the playgrounds and into their homes.

I would like to share a few experiences which have had a profound effect on me this year. While attending an engagement party for a former principal, a grandparent of one of my students informed me her granddaughter's behavior had changed when she picked her up from school. She always had a snack for her while she worked on any homework. When asked what she would like, her granddaughter asked if she had any vegetables she might snack on. This is when you truly know a program is having an impact; when it reaching into children's homes!

Luis is a fifth grade student who has struggled with his weight since Kindergarten. Twice per week, Luis worked hard in Physical Education class and also chose to come to the gym during his morning recess for additional Operation Tone-Up work-outs. Luis asked if I would print the work-out for him so he could take the work-out home so his whole family could benefit from the program. During Assignment 4, as Luis worked-out, he says, "Mrs. Moore I would like to speak to Mr. Tone." I asked what he would tell Mr. Tone and he stated, "I would like to thank Mr. Tone for bringing this program to Payson."

I received a phone call from a parent who shared how thankful she was for Operation Tone-Up. Her son Logan, a fifth grader doesn't have interest in school, studying or for that matter, his education. She said she has never seen Logan connect or take an interest in any program the way he has with Operation Tone-Up. He not only has worked hard to perfect his form but also has taken pride in knowing everything regarding the 6 nutrients.

These are a few of the many stories I share daily with any Physical Education specialist, researcher or college professors I know. I believe in Operation Tone-Up and the life changing impact this program has on children. It not only gives students the tools to work-out utilizing all four components of fitness, but also the knowledge to correctly fuel their bodies. My students are now making better choices regarding the food they are putting into their bodies which has a long-term impact on society. I thank you again for allowing me to help my students improve their overall fitness!

Yours in Health & Fitness,

Donna Moore

Donna Moore
Physical Education Specialist
Julia Randall Elementary School
Payson, Arizona

*Julia Randall
Elementary School
601 South Green
Valley Parkway
Payson, AZ 85541
928-468-2628
donna.moore@pusd.com*

