

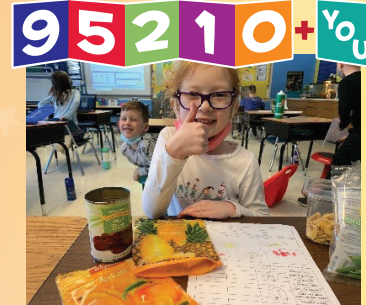
**Get Your School
Ready for 2024-25!**



**Participate and
Win Cash & Prizes!**

This FREE program focuses on helping children to learn and practice healthy habits. It challenges students in grades K through 5 to participate in physical activities, make good nutrition choices and focus on their social-emotional health both in school and at home using the **95210+YOU** goals.

- ★ **OCTOBER** - Student Goal-Setting
- ★ **NOVEMBER** - 9 Hours of Sleep Each Night
- ★ **DECEMBER** - Be Your Best YOU to Others
- ★ **JANUARY** - Be Your Best YOU to Yourself
- ★ **FEBRUARY** - 5 Servings of Fruits/Vegetables
- ★ **MARCH** - 2 Hours or Less of Screen Time
- ★ **APRIL** - 1 Hour of Physical Activity or More
- ★ **MAY** - 0 Sugary Drinks on Most Days



The program is run in individual classrooms by teachers or in gym class by a PE teacher.

1. In September, classrooms will receive a kit with **all of the materials** needed to implement the Fitness for Kids Challenge, including **handouts, stickers, newsletters, and prizes.**
2. Students complete the monthly newsletters, and then each month teachers track how many students participated.
3. In June, the participation is tallied and schools win grant funding based on their scores.

NEW INCENTIVES FOR 2024-25 SCHOOL YEAR!

- ★ **5 - \$1000 Large School Grants**
- ★ **5 - \$1000 Small School Grants**
- ★ **1 - \$1500 Rural School Grant**



- ★ **Top Suburban Schools**
1ST: \$1500 - 2ND: \$1250 - 3RD: \$1000
- ★ **Top Urban Schools**
1ST: \$1500 - 2ND: \$1250 - 3RD: \$1000

CLASS INCENTIVES!

TOP 10 Classrooms:

- ★ \$250 Each
- ★ **Fruit and Vegetable Tasting Days.**

TEACHER PRIZES!

- ★ **Monthly Prize Raffles**
- ★ **Classroom Grants**
- ★ **Gift Cards**
- ★ **and MORE!**

STUDENT PRIZES!

- ★ **Water Bottles**
- ★ **Jump Ropes**
- ★ **Colored Pencil Kits**
- ★ **Frisbees and MORE!**

ASSEMBLIES, FIELD TRIPS, MORE!



School Dance Parties
with DJ Milk



Local Park Field Trips
(guided hikes, biking, fishing, and more!)



Healthy Snack Classes
with Chef Andy



School concerts with local musician Kevin McCarthy

**KIDSRUN
at school!**

Field Trips to Rolly Pollies Kids Gym

Want to sign up or learn more? Visit: www.FitnessForKidsChallenge.com

*Given out in June, based on online tracked participation