

HEALTHY KIDS CHALLENGE

Sponsored by

ADENA

Ages 5-12

Play outside with friends for one hour	Do a fun activity with water	Drink water instead of soda for one day	Unplug your electronics for one hour
Try a new sport or exercise	Play a game of tag	Try two new fruits or veggies	Prepare and eat a healthy meal with your family

PRIZES

- Complete **2** activities: Kaleidoscope or sunglasses
Complete **4** activities: Stress ball or stress hammer
Complete **6** activities: Inflatable hammer or inflatable globe
Complete **8** activities: Smiley face bubbles or mind teaser game, plus a chance to win the Grand Prize—a new bicycle!—to be drawn during the Cyclemania event at the Pike County Fair.

REGISTRATION

NAME: _____
AGE: _____
PHONE: _____

I, _____, verify that my child completed the above activities.
(Signature of parent/guardian)