

Independent Health Foundation, Inc.

Fitness For Kids Challenge Official Rules

A. Rules for the Challenge for Kids

1. ELIGIBILITY: No purchase is necessary to enter. This contest is only open to elementary school-aged children, in grades K-5, who reside in one of the following counties in New York State: Erie, Niagara, Chautauqua, Cattaraugus, Orleans, Genesee, Wyoming and Allegany. This contest is void outside of the eight New York State counties just listed.

2. IMPORTANT DATES: The contest is an eight-month contest. There are numerous opportunities for your child to win along the way! The contest begins on September 29, 2025 and ends on May 29, 2026. Contest drawings will occur by the teacher at the close of the month.

3. HOW TO ENTER: Teachers sign up to take the Challenge. There will be eight months of Challenges, each focusing on one of the following goals:

- 9 hours of sleep a night
- 5 or more servings of fruits and veggies
- 2 hours or less each day on computer/video games/TV
- 1 hour or more of exercise
- 0 sugary drinks like sports drinks and soda pop, more water
- YOU, be your best you to yourself and others
- Goal Setting

Participating schools will receive monthly challenge documents in the mail, and teachers will be expected to complete a monthly participation form online at www.fitnessforkidschallenge.com.

4. PRIZE: After each contest month, teachers will select classroom winners by drawing names from the newsletter challenges that are returned. Prizes will vary each month and will consist of items such as notebooks, water bottles, frisbees, etc. Prizes will be mailed to the participating schools in advance, and the teacher will distribute the prizes at the end of each month. Grand prizes will be determined, based on participation, in June.

5. WINNER SELECTION: The odds of your child being selected as a winner depend on the total number of children participating each month and the number of children in your classroom.

6. WINNER NOTIFICATION: Students will be notified by their teacher in their classroom or the program coordinator at their school.

7. WINNER CLAIMING A PRIZE: Winners will be given their prize by the teacher in their classroom or the program coordinator at their school.

B. Rules for the Challenge for Schools

1. ELIGIBILITY: No purchase is necessary to enter. The contest is open to all elementary schools in the following counties in New York State: Erie, Niagara, Chautauqua, Cattaraugus, Orleans, Genesee, Wyoming, and Allegany. This contest is void outside of the eight New York State counties just listed.

2. IMPORTANT DATES: The contest is an eight-month contest. The contest begins on September 29, 2025, and ends on May 29, 2026. All participation must be tracked online by June 5, 2026. Sixteen (16) prize-winning schools and ten (10) prize-winning classrooms will be announced in mid-June through email.

3. HOW TO ENTER: Schools sign up to take the Challenge. There will be eight months of Challenges, each focusing on one of the following goals:

- 9 hours of sleep a night
- 5 or more servings of fruits and veggies
- 2 hours or less each day on computer/video games/TV
- 1 hour or more of exercise
- 0 sugary drinks like sports drinks and soda pop, more water
- YOU, be your best you to yourself and others
- Goal Setting

Participating schools will receive monthly challenge documents in the mail and will be expected to complete a monthly participation form online at www.fitnessforkidschallenge.com.

4. PRIZE: Fifteen schools could each win \$1,000.00 - \$1,500.00 in health and wellness grants and 10 classrooms could each win \$250.00 health and wellness grants, or equivalent health and wellness equipment for their school. 6 geographic grants will be awarded to the top participating schools classified as Rural, Suburban and Urban. There will be a top award for urban, a first and second place award for rural and a first, second and third place for top suburban schools.

Urban	3. \$1,000	2. \$1,000
1. \$1,500		3. \$1,000
	Large (300+ students)	
Rural	1. \$1,000	Small (0-150 students)
1. \$1,500	2. \$1,000	1. \$1,000
2. \$1,250	3. \$1,000	2. \$1,000
		3. \$1,000
Suburban	Medium (150-300 students)	
1. \$1,500	1. \$1,000	
2. \$1,250		

Classroom (no more than 4 per school and cannot be a school that won a different category already. If over 10 classrooms have 100% participation, classrooms are selected at random from eligible schools)

5. WINNER SELECTION: The odds of being selected as a winning school depend on the total number of schools who participate in the challenge. The schools will be awarded based on geographic location and participation rates before qualifying for a small, medium or large grant. The 6 winning schools for the geographic awards will not be part of the other aforementioned grant winning schools. The top 3 large schools (i.e. participating schools with more than 300 students), top 3 medium schools (i.e. participating schools with more and 150-300 students), and the top 3 small schools (i.e. participating schools with 0 -150 students) each with at least 50% participation based on total registration in the program, will be awarded one \$1,000 prize based on having the highest percentage of students participating in the Fitness for Kids Challenge. In the event of a tie between schools, for example, if 6 schools have 100% participation, the winners will be selected via a random drawing.

The schools that receive the above mentioned health and wellness grants are ineligible for classroom grants.

6. WINNER NOTIFICATION: The winning schools will be officially announced in mid-June via email to the school program coordinator. In addition, each winning school will receive a written letter to the school's principal and coordinator along with their grant check. The name of each winning school will be posted on the Website.

7. WINNER CLAIMING A PRIZE: Each winning school must claim its prize by replying in writing to the Independent Health Foundation's prize notice email and providing the Independent Health Foundation with the school's Federal Tax Identification number, or a list of health and wellness items to be purchased by IHF equaling the dollar amount of the grant. The prize will be awarded to the winning school upon their requested timeline.

C. Rules for the Challenge for Classrooms

1. ELIGIBILITY: No purchase is necessary to enter. This contest is only open to elementary school classrooms, grades K-5, in one of the following counties in New York State: Erie, Niagara, Chautauqua, Cattaraugus, Orleans, Genesee, Wyoming, and Allegany. This contest is void outside of the eight New York State counties just listed.

2. IMPORTANT DATES: The contest is an eight-month contest. The contest begins September 29, 2025 and ends on May 29, 2026. Contest drawings will occur by the teacher at the close of the month.

3. HOW TO ENTER: Classrooms sign up to take the Challenge. There will be eight months of Challenges, each focusing on one of the following goals:

- 9 hours of sleep a night
- 5 or more servings of fruits and veggies
- 2 hours or less each day on computer/video games/TV
- 1 hour or more of exercise
- 0 more water, less sugary drinks like sports drinks and soda pop
- YOU, be your best you
- YOU, be your best you to others
- Goal Setting

Participating schools will receive monthly challenge documents in the mail, and will be expected to complete a monthly participation form online at www.fitnessforkidschallenge.com.

4. PRIZE: 10 classrooms could each win a \$250.00 health and wellness grant.

5. WINNER SELECTION: The odds of being selected as a winning classroom depend on the total number of classrooms who participate in the challenge. These classrooms will have at least 25% participation based on total registration in the program and could be awarded one \$250 prize based on having the highest percentage of students participating in the Fitness for Kids Challenge. The 10 winning classrooms will not be part of the other aforementioned grant winning schools.

6. WINNER NOTIFICATION: The 10 winning classrooms will be officially announced in mid-June via email to the school program coordinator. In addition, each winning classroom will receive a

written letter to the school's principal and coordinator along with their grant check or a list of health and wellness items to be purchased by IHF equaling the dollar amount of the grant. The name of each winning classroom will be posted on the Website.

7. WINNER CLAIMING A PRIZE: Each winning school must claim its prize by replying in writing to Independent Health Foundation's prize notice email and providing the Independent Health Foundation with the school's Federal Tax Identification number, or a list of health and wellness items to be purchased by IHF equaling the dollar amount of the grant. The prize will be awarded to the winning classroom upon their requested timeline.

D. General Rules for All Challenges

All contest entrants and all actual prize winners hereby release Independent Health Foundation, its agents, successors, assigns, officers, employees, and any parent, subsidiary, and related entities (collectively "Independent Health") from any claims, losses, or damages resulting from or connected in any way to this contest and/or the receipt and use of a prize awarded.

All contest entries become the property of the Independent Health Foundation and will not be returned. By entering to win, the contest entrant agrees to be bound by these rules and agrees that all decisions of the Independent Health Foundation are final and binding.

This contest is void where prohibited or restricted by law.

Contest entrants understand and agree that the contest is not an inducement to insure, a premium rebate, or a policy fee, and entering the contest does not provide any special favor, advantage, any other benefits, or valuable consideration to the child, his or her family or school with regard to any current or future Independent Health policy, certificate or contract.

All federal, state and local laws and regulations apply. Federal, state and local tax liability, if any, is the sole responsibility of the prize winner.

Prizes may not be transferred or exchanged for cash or a substitute prize. Independent Health Foundation reserves the right to substitute a prize of comparable value or suspend any contest if circumstances beyond its control prevent it from providing the prize(s) or holding the contest which is described in these contest rules.