

# Meet the 95210+<sub>YOU</sub> Fit Kids!

Hello, I'm **Jake!** I get 9 hours of sleep every night so I can feel happy and ready to play!



Hey there, I'm **Emily!** My favorite fruit is apples to help my body grow strong!



Hey, I'm **Rachel!** I keep my screen time to 2 hours or less so I have more time for fun!



I'm **Marco!** I move my body for 1 hour every day—soccer is my favorite sport!



Hi, I'm **Alex!** I love drinking water to stay cool, healthy, and ready to play!



I'm **Amira!** I try to be my best self by making kind choices and helping others every day!



Hi, I'm **Tara!** I believe YOU matter, and being kind and caring makes us all feel good!



## JOKE

Why did the teacher wear sunglasses to school?  
**Because her students were so bright!**

## WHY IT MATTERS

The Fitness for Kids Challenge (FFKC) is a fun way for kids like YOU to learn how to be healthy! Every month, we have cool activities on these worksheets to help you practice healthy habits.

## DO YOU KNOW WHAT HEALTHY HABITS ARE?

Healthy habits are things like:

- ★ Eating yummy fruits and veggies
- ★ Getting plenty of sleep at night
- ★ Moving your body by running, jumping, or playing
- ★ Talking about your feelings

... and more! These habits help you grow up strong and healthy! We remember these healthy habits with a special name: the 95210+<sub>YOU</sub> goals.

## CHALLENGE

### LET'S SET A HEALTHY GOAL!

Pick one healthy habit from 95210+YOU that you learned about today. Can you write a fun goal to help you stay strong, happy, and healthy this year?

My goal this year is: \_\_\_\_\_

\_\_\_\_\_

One way I plan on reaching this goal is by: \_\_\_\_\_

\_\_\_\_\_

**Drink more water!**

**Do something kind at school each day!**

**Read one book a week!**

# What is the **Fitness for Kids Challenge?**

**9 5 2 1 0 + YOU**

## Welcome to The Fitness for Kids Challenge!

We're so excited that your student is joining us on a year-long adventure to get healthier, stronger, and more energized — both at school and at home! This program is all about building fun habits with the awesome goals:



- ★ **9 OR MORE** hours of sleep each night
- ★ **5 OR MORE** servings of fruits and veggies daily
- ★ **2 HOURS OR LESS** of screen time (TV, tablets, phones)
- ★ **1 HOUR OR MORE** of physical activity every day
- ★ **MORE H2O** and 0 sugary drinks!
- ★ **+YOU** — meaning YOU, the family, getting involved and supporting your child's healthy lifestyle!



## Challenge Benefits

### WHY ARE THESE GOALS SO IMPORTANT?

Because they help kids grow strong bodies, sharp minds, and happy hearts! Healthy habits formed now set the stage for a lifetime of wellness.

### WHY FOR MY FAMILY?

Each month, a fun and interactive newsletter will come home that teaches one of these health goals. This newsletter is a chance for your family to learn, explore, and chat about that month's challenge together — whether it's trying new fruits, getting moving in creative ways, or powering down screens for quality family time.

### FREE PRIZES!

Here's the best part — every completed newsletter is an opportunity to be entered to win exciting prizes! Plus, the whole school could celebrate with awesome events like DJ Milk Dance Parties, live shows by Kevin McCarthy, healthy snack demos, field trips, and so much more!

**GET READY FOR A YEAR FULL OF FUN, FITNESS, AND FAMILY BONDING.  
TOGETHER, WE'LL MAKE HEALTHY LIVING THE  
COOLEST CHALLENGE EVER!**

