

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 these 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 family'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 to learn, explore, and chat about that month's goal together! Complete the **NEW** family challenge online each month, and your family will have a chance to win fun prizes!

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 concerts 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!**



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
- ★ Moving your body by running, jumping, or playing
- ★ Getting plenty of sleep at night
- ★ 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+YOU** goals.

Why did the toothbrush go to school?

To brush up on its skills!



Take the Challenge as a Family this Month

Let's set a healthy FAMILY goal!

Talk with your family about one healthy habit you would like to work on together this month. Think about something that would help your family eat well, move more, drink water, get enough sleep, or spend less time on screens. Write out your family's goal in the box!

Dream big!

Share your family's goal for a chance to WIN!

ADULTS: Scan the QR code monthly and take the quick survey:



Meet the 95210+YOU Fit Kids!

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



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



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



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



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



I'm **Tara**! I try to be my best self by staying clean—brushing my teeth, washing my hands, and taking baths. This helps me stay healthy and feel great!



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

