

 Live Healthy **IOWA** Kids



Celebrating Healthy Kids!
LIVEHEALTHYIOWAKIDS.org



Live Healthy Iowa Kids invites schools and youth organizations to “Go The Distance” in the month of May.

This free event, celebrating active and healthy kids, takes place from May 1-31. Participating schools and youth organizations can choose any day and time to take part by creating a fun, active event to get kids moving. Active events could include obstacle courses, fitness stations, nature hikes, group dancing, and much more!

It's easy to get involved!

1. Create your 30-minute event
2. Register online at www.livehealthyiowakids.org
3. Share your event and be eligible to win cash prizes!

Live Healthy Iowa Kids is excited for the opportunity to award 1-\$500 and 2-\$250 cash prizes for Go The Distance May! To be eligible, share your registered event on social media, tagging Live Healthy Iowa and using #GoTheDistanceMay, or submit photos via email to info@livehealthyiowa.org.

We can't wait to see kids all accross Iowa “Go The Distance” in May!

Sign Up Today **LiveHealthy IOWA Kids.ORG**

“Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing various health conditions.”¹⁻²

Students who are physically active tend to have better grades, school attendance, cognitive performance (memory) and classroom behaviors (on-task behaviors).³

WIN CASH PRIZES!
1 - \$500
2 - \$250

info@livehealthyiowa.org | 888.777.8881



Live Healthy Iowa