

FAQ

How much does it cost to participate?

Go The Distance May is a FREE event, and does not cost anything to register.

Who can participate?

Any school or youth organization is eligible to participate in this event.

How do I register?

Registering is easy, and can be done online at www.livehealthyiowakids.org

What types of activities can we do?

Schools and youth organizations can choose any physical activity! This can range from group dancing and outdoor yoga, to basketball and soccer. If you need help coming up with an event idea, visit the “Event Ideas” page of this toolkit.

Can the event be during school hours?

Yes. This event can be done during school hours, after school, or on the weekend. Time and place is up to the school or youth organization.

Do we create more than one event during this month-long event?

Each school or youth organization only needs to create one single 30-minute event. It can take place anytime and anywhere from May 1st – May 31st.

How do we win prizes?

To become eligible to win prizes, you must share photos of your event via social media, or emailed to info@livehealthyiowa.org. For more details, please see the “Win Prizes!” page of this toolkit.