

Parent Letter

Dear Parent/Guardian,

Go the Distance May is an annual event hosted by Live Healthy Iowa Kids to highlight the importance of incorporating physical activity into daily routines for a healthy lifestyle. Studies have shown an association between physical fitness and improved cognitive performance among students, along with early development of healthy habits and a higher probability of healthy habit continuation into later life. Iowa Schools and Youth Organizations are invited to “Go The Distance” by hosting an active event for the youth during the month of May.

I am pleased to announce our participation in this important initiative, and show our support for this effort in celebrating healthy and active kids.

We’ve planned to engage all students in a (i.e. walking, obstacle course, dancing, kick-ball, jump rope, yoga, etc.) event, on May____, at (time). We are excited for the opportunity to get kids moving, while connecting to the local environment!

Please encourage your child(ren) to dress accordingly on event day, so they can comfortably participate.

A few parent volunteers are needed. If you are interested, please contact _____for details. Parents are welcome and encouraged to attend.

Sincerely,

Principal/administrator/event organizer