



Live Healthy **IOWA** Kids

GO THE DISTANCE MAY

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 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.



Let's Get Moving, Together!

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

3 Centers for Disease Control and Prevention. "Health and Academic Achievement." 2014 PDF File

It's easy to get involved!

1. Plan your 30-minute event
2. Register online at www.livehealthyiowakids.org
3. Share your event and be eligible to win a **\$250** or **\$500 cash prize!**

Sign Up
Today

Live Healthy **IOWA** Kids.ORG



Active events could include obstacle courses, nature hikes, group dancing, fitness stations, and much more!



Live Healthy Iowa

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