

## HEALTHY KIDS DAY CHALLENGE

## Saturday, April 20 - Friday, May 3

Kick your summer off early with the Y's Healthy Kids Day Challenge! During the challenge, you'll embark on an exciting journey of family-friendly activities to encourage healthy kids, healthy families, and a healthy start to the summer season.

Kids that complete at least two bingo lines and submit a card to the Welcome Center will receive a **special prize**. Plus, one lucky kid will be entered to win:

## **NH STATE PARKS GIFT CARD & TENT**

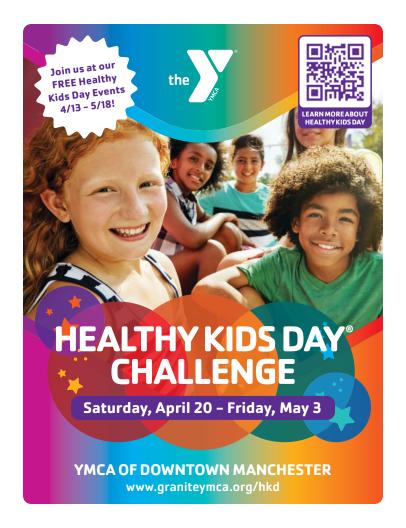
The challenge will run Saturday, April 20 - Friday, May 3. Bingo cards must be submitted by Friday, May 10 to be entered to win. One grand prize winner will be chosen and contacted the week of May 13. Good luck!

Healthy Kids Day is sponsored by our friends at Dartmouth Health



YMCA OF DOWNTOWN MANCHESTER

30 Mechanic Street, Manchester, NH • 603.623.3558



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Exercise for 30 minutes  Date:	Get 8 hours of sleep	Give someone a compliment  Date:	Read a new book	Clean your room
Wear sunscreen Date:	Draw your favorite place to be	Take a bike ride Date:	Eat 3 different fruits or veggies Date:	Attend a Healthy Kids Day Event  Date:
Make a healthy meal with family	Write a poem Date:	FREE SPACE	Dance to 3 of your favorite songs	Go on a nature walk Date:
Go on a picnic	Play outside for 30 minutes  Date:	Try a new food	Have a family game night  Date:	Make a card for a friend or loved one Date:
Tell someone a silly joke Date:	Stretch as many minutes as your age	Do 50 jumping jacks Date:	Try a new sport	Drink 5 cups of water in one day  Date:

Child's Name Parent/Guardian's Name Phone Number Email Address