



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:

1 WEEK OF DAY CAMP AT CAMP CONEY PINE

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 STRAFFORD COUNTY

35 Industrial Way, Rochester, NH • 603.332.7334

Join us at our **FREE Healthy Kids Day Event** on May 18!



LEARN MORE ABOUT HEALTHY KIDS DAY



HEALTHY KIDS DAY CHALLENGE

Saturday, April 20 - Friday, May 3

YMCA OF STRAFFORD COUNTY

www.graniteymca.org/hkd

B**I****N****G****O****Exercise for 30 minutes**

Date: _____

Get 8 hours of sleep

Date: _____

Give someone a compliment

Date: _____

Read a new book

Date: _____

Clean your room

Date: _____

Wear sunscreen

Date: _____

Draw your favorite place to be

Date: _____

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

Date: _____

Write a poem

Date: _____

**FREE SPACE****Dance to 3 of your favorite songs**

Date: _____

Go on a nature walk

Date: _____

Go on a picnic

Date: _____

Play outside for 30 minutes

Date: _____

Try a new food

Date: _____

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

Date: _____

Do 50 jumping jacks

Date: _____

Try a new sport

Date: _____

Drink 5 cups of water in one day

Date: _____

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