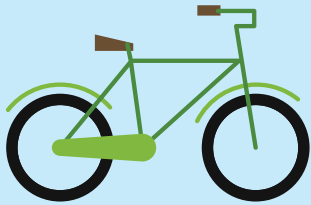


Healthy Eating



Healthy Activities



Healthy Living



Healthy Kids



SUMMER PROGRAM

HEALTH & WELLNESS

Commonwealth Medical Plaza
720 Second Avenue, Suite 103
Bowling Green, KY 42101
(270) 745-0942 | Toll-Free (877) 800-3824
TheMedicalCenter.org

Healthy Kids SUMMER PROGRAM



Healthy Kids **SUMMER PROGRAM**

The Healthy Kids Summer Program is designed for kids ages 6 to 13 and promotes a healthy lifestyle that includes acts of kindness.

How It Works

Each day, kids track their activities and achieve Healthy Living Goals to earn points toward great prizes. The activities and goals are designed to encourage kids to be aware of their own health and well-being, as well as that of others. Some of the activities are:

- 60 minutes of physical activity
- Eating 2 servings of fruits and 3 servings of vegetables and drinking 40 ounces of water daily

Healthy Living Goals include:

- Completing a well visit in the last 12 months
- A dental visit in the last 12 months
- Completing at least 10 acts of kindness

Program begins June 1 and runs 13 weeks. Completion deadline is August 31. Prizes may be picked up through September 14. For more information, call 270-745-0942.



Prizes

Kids bring their tracking logs to Health & Wellness to receive their prizes.

- “Half-way” prize when 50 points completed.
- “Healthy Kid Prize” when 50 Healthy Activity and 50 Healthy Eating points are completed PLUS achieving two or more Healthy Living Goals.

Registration

Registration is May 15-31, and the program runs June 1 through August 31. Register online and print tracking logs at TheMedicalCenter.org/HealthyKids OR bring your completed registration form to Health & Wellness located in the Commonwealth Medical Plaza, 720 Second Avenue East, Suite 103 on the campus of The Medical Center.

REGISTRATION FORM

Child's Name: _____ (LAST) _____ (FIRST)

Name child prefers, if other than first name: _____

Date of birth _____/_____/_____ *Must be age 6-13 years.

Parent/Guardian's Name: _____ (LAST) _____ (FIRST)

Parent/Guardian's Phone Number: _____

Parent/Guardian's Email: _____

- Check if you would like to receive periodic emails about healthy living during the Summer Healthy Kids Program.
- Check if you would like to receive an email next spring regarding the 2019 Healthy Kids Summer Program.