

CMHC'S MAINE KIDS STAY FIT SUMMER

PRIZES!

10 ENTRIES RECEIVED BY MAIL EACH WEEK WILL BE RANDOMLY CHOSEN FOR A PAIR OF TICKETS TO YORK'S WILD KINGDOM..

ALL ENTRIES WILL QUALIFY FOR A CHANCE TO WIN A WEEKEND GETAWAY, INCLUDES ROOM FOR 4 AT TOWN AND COUNTRY INN, GORHAM, NEW HAMPSHIRE

GET ACTIVE

For 30 minutes: Go for a walk, ride a bike, play in your yard, or find fun kid-friendly workouts and activities online through the Maine Children's Alliance at <https://www.mekids.org>.

Check off the box when you have completed your activity

DISCOVER

Discover something cool on the beach, hiking trail, or a new sport or playground activity.

What did you discover?

PARTICIPATING CHILDREN MUST:

- Be 6 to 14 years of age.
- Reside in Maine
- Have the consent of their parent or legal guardian.
- Submit a completed entry by August 2, 2020.

READ

Read a book, magazine, or online article about health, fitness or sports.

Write the title of the book, magazine, or article.

Title

LEARN

Write three healthy tips below that you learned while reading through the information on the Maine Children's Alliance website.

PARENTS CAN ENTER BY:

Download form, print or create your own and mail to:

Maine Kids Stay Fit Summer Challenge
Townsquare Media, One City Center
Portland, Maine 04101,
Attn: Maine Kids Stay Fit and Thrive Summer

Parent's Full Name: _____

Child's First Name _____ Age: _____

Address: _____ Zip Code: _____

Email: _____ Phone () _____

Child's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

