

STRETCH Your Limits

Governor's Fit & Healthy Kids Winter Challenge



This winter, Governor Douglas challenges all Vermont kids and families to STRETCH YOUR LIMITS.

Winter stretches over many months in Vermont, which makes it even more important to Move More, Eat More Colors, and Turn It Off. For more energy and to stay healthy, kids and teens should get 60 minutes of heart-pumping physical activity every day. To Stretch Your Limits, challenge yourself to: try a new activity or sport, do your favorite winter activity more often and for more time, eat more fruits and vegetables, and spend less time in front of the computer or TV!

Choose any 6 weeks this winter and track your participation on the Stretch Your Limits Tracking Sheet on the back side of this form. Everyone who participates by March 15 will receive an award, be placed in a drawing to win prizes donated by Bogner ski wear, and have a chance to meet Governor Douglas! Please mail the completed form to:

Fit & Healthy Kids, Vermont Department of Health, PO Box 70, Burlington, VT 05402.



Activities to try this winter to Stretch Your Limits:

- * Sledding
- * Snowshoeing & Hiking
- * Cross Country Skiing
- * Ice Skating & Hockey
- * Alpine Skiing & Snowboarding
- * Building a snowman
- * Playing Indoor Sports & Indoor Rock Climbing
- * Make it FUN!! Get your family and friends involved!
- * Call your local park and rec department or local ski areas for special programs

* For more activities and ideas, visit www.vermontfitness.org/activities.html



Dear Governor Douglas,

How I stretched my limits this winter...

My Name: _____

My Age: _____

My address: _____

City: _____

Zip: _____

My Phone number: _____





Stretch Your Limits Tracking Sheet

In each box, please record what you did to Stretch Your Limits by Moving More, Eating More Colors, and Turning It Off.
Send completed form by March 15, 2010 to:

Fit & Healthy Kids, Vermont Department of Health, PO Box 70, Burlington, VT 05402.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
Date:							
2							
Date:							
3							
Date:							
4							
Date:							
5							
Date:							
6							
Date:							

