

Presented by



Schools Register Now for FIT KIDS DAY! Pick a day May 7-11

It is a **FREE** one-day event taking place in Montana Schools

The Purpose Is To:

- ✓ Inform the public about the lack of physical activity in our children today!
- ✓ To teach youth that activity is FUN!
- ✓ Inform the public that physical education programs are needed in our schools!

Here's How It Works: Only one registration per school is required.

- ✓ Plan FUN CREATIVE 30-minute segment of consecutive aerobic activity with 100% of your school participating May 7-11. There is no rain date, so please have an alternative plan if an outdoor activity gets cancelled.
- ✓ A coordinator from each school plans & organizes an activity, registers for the event and at the conclusion, reports back the number of students who participated.
- ✓ We encourage schools to be creative when planning their activity.
- ✓ Each school that achieves 100% participation will be entered into a drawing to **WIN cash to be used for your physical activity and nutrition program.**

It's As Easy As 1-2-3!

1. Complete & submit the FIT KIDS DAY registration form or register online www.bigskyfitkids.org. **Only one registration per school is required.**
2. Perform 30 minutes or more of continuous, fun & creative physical activity by May 11.
3. Report your activity to the Big Sky State Games via fax: 406-254-7439 or submit online www.bigskyfitkids.org under FIT KIDS DAY by May 12.

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