

Motivate to Move

ALL THE PIECES
FOR A HEALTHIER BODY



AT ALL ALLEN ELEMENTARY SCHOOLS

The Alliance for a Healthier Allen (AHA) is proud to present Motivate to Move! This two month long campaign is designed to encourage school-aged children to be more active and make healthier eating choices. The AHA is a collaborative team effort consisting of Texas Health Resources Presbyterian Allen Hospital, Allen ISD, the City of Allen, Allen Community Outreach, Allen-Fairview Chamber, and other Allen residents and businesses all working together to create a healthier community, and we need your help!

- 1st Month Start Day: Thursday, March 1, 2012
- 2nd Month Start Day: Sunday April 1, 2012
- Complete four of the six challenges on your activity card
- Challenges can be done with friends and family
- A parent must sign off on the card once challenges are completed
- By the end of the month your activity card must be turned into the designated area located on the card to be eligible for prizes.
- Complete both months' card and be entered into the grand prize drawing for Allen American prize packages, Wii, Wii Fit, IPOD, or a bicycle!

Cost: FREE
Preregistration Required
Course # 33776

Drop off location: Market Street

MARKET STREET

985 W. Bethany ~ Allen, TX 75013

DROP OFF DAYS/TIMES:

MON: MAR. 26, 4PM – 6PM / TUE: MAR. 27, 4PM – 6PM

THU: MAR. 29, 4PM – 6PM / SAT: MAR. 31, 10AM – 12PM

MON: APR 30, 4PM – 6PM / TUE: MAY 1, 4PM – 6PM

THU: MAY 3, 4PM – 6PM / SAT: MAY 5, 10AM – 12PM



For more information and to preregister contact:

Joe Farmer Recreation Center
1201 E. Bethany ~ Allen, TX 75002
214.509.4750



Don Rodenbaugh Natatorium
110 Rivercrest Blvd ~ Allen, TX 75002
214.509.4770