

Get Fit! Get Cool Stuff!



INCENTIVE REWARDS PROGRAM

For a Healthy Future...

- Nalgene Water Bottle
- Carabineer
- Dog Tags
- Active Stickers
- Grafeeties (Bumper Stickers for shoes)
- Wristbands - "fueled by fitness", "fitness is fun"

An incentive can be given to each student who turns in a *qualifying log* which meets at least the minimum required continuous vigorous activity level of 3 days per week at 20 minutes per day for 4 consecutive weeks.



BONUS: Complete 3 four-week logs to be automatically entered to win a \$300 Sports Package. Each qualifying log after 3 earns another entry into the Sports Package drawing. Complete 5 four-week logs and receive a Healthy Futures t-shirt.



GET CONNECTED TO HEALTHY FUTURES

Email Cindy Norquest at cnorquest@acsalaska.net to confirm your participation and what you need for the student incentives. The incentives are available for pick up, delivery or mailing.



Alaska Association
for Health,
Physical Education,
Recreation & Dance



Active Kids, Healthy Futures

ConocoPhillips
**Healthy
FUTURES**

To get more information on Healthy Futures events, to download a Healthy Futures Activity Log for you and the young person in your life to get started, or to become a Healthy Futures "Get Active"-ist *visit*, www.healthyfuturesak.org

Together we can make a difference!