



Summer Family Fun Challenge Scorecard



<p>Walk Together Go for a 1 mile walk – around the block, on a trail or across the Purple People Bridge and back! _____ Date done</p>	<p>Try a New Food Visit a farmer's market and try a new fruit or vegetable. _____ Date done</p>	<p>Ride Bikes Take a family bike ride. Check out one of the many paved bike trails in our area. _____ Date done</p>	<p>Drink Water Get in the habit of drinking water. Give up soft drinks and other sweetened drinks for 3 days! _____ Date done</p>	<p>Go for A Swim Be active together in the water – swim a family relay, toss a beach ball or play water tag. _____ Date done</p>
<p>Eat a Rainbow Make a salad with red, green, yellow and purple fruits or vegetables. _____ Date done</p>	<p>Take a Hike Go for a nature hike in the woods at a park or nature center. _____ Date done</p>	<p>Go for the Grain Eat a sandwich on whole wheat bread or have a whole grain cereal for breakfast. _____ Date done</p>	<p>Have a Ball Take a ball outside– basketball, baseball, beach ball, volleyball and play for at least 15 minutes. _____ Date done</p>	<p>Keep Cool Make your own frozen fruit pops using 100% fruit juice in paper cups or ice cube trays. _____ Date done</p>
<p>Learn Together Learn how to play a new sport, game or physical activity – anything that keeps you moving together. _____ Date done</p>	<p>Smoothie Time Make a smoothie with your choice of summer fruits – fresh or frozen. _____ Date done</p>	<p>Walk 2 Miles Take the Enquirer challenge and walk at least 2 miles with your family. _____ Date done</p>	<p>Beans, Beans Eat beans at lunch or dinner – try a bean burrito, red beans and rice, or a 3-bean salad. _____ Date done</p>	<p>Dance-a-Lot Have a family dance-a-thon and see who can keep the beat the longest. _____ Date done</p>
<p>Grow a Veggie Plant a veggie in a container, your yard or a neighborhood garden. _____ Date done</p>	<p>Have Fun Try something new – canoeing, roller skating, volleyball or Frisbee Golf. _____ Date done</p>	<p>Be Berry Summer is berry season – eat any kind of berry. _____ Date done</p>	<p>Walk, Don't Drive Walk someplace you usually drive to – the library, church or a friend's house. _____ Date done</p>	<p>Fruit Freeze Snack on frozen fruit – make your own (grapes are good) or buy at the store. _____ Date done</p>
<p>Play a Game Play an outside family game like kick the can, tag or ghost in the graveyard. _____ Date done</p>	<p>Take a Trip Plan a family meal with foods from another country – think Mexico, China, Japan or Kenya..... _____ Date done</p>	<p>Splish Splash Visit a water park or spray ground and splash up some fun. _____ Date done</p>	<p>Fire Up the Grill Try something new on the grill - add a kabob or foil packet made with your favorite produce. _____ Date done</p>	<p>Turn off the TV Instead of staying inside, head outside to take a night hike and do some star gazing. _____ Date done</p>

Summer Family Fun Challenge

Take the Summer Family Fun Challenge and discover how easy it is to eat smart and live fit in Greater Cincinnati this summer. The challenge is fun, easy and free plus you get the chance to win some great prizes.

How to play:

1. Each time you meet a challenge, date the challenge box and put an X through the square. Visit www.eatingsmartlivingfit.org or contact the Nutrition Council at 513-621-3262 for tips and ideas that can help you meet each challenge.
2. Complete at least 5 challenges in a row (either vertical, horizontal or diagonal) to be eligible to win some great prizes. If you meet ALL 25 challenges you will be eligible for the GRAND prize.
3. Turn in your completed challenge card to one of the Summer Fun sites by Sept. 30, 2007. Only one card per family please. Prize winners will be notified by Oct. 5.

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Tell us about your family! (You must provide your name and phone number to be entered in the drawing for prizes)

Name: _____

Address: _____

Phone: _____ Number of people in family: _____ Ages: _____

Your favorite challenge: _____

Turn in your scorecard by **SEPT. 30, 2007** at one of the following locations for the chance to win a prize! Winners will be notified Oct. 5, 2007.

- CRC Recreation Centers - www.cincinnati-oh.gov/recreation
- Hamilton County Park Visitor Centers - www.GreatParks.org for locations
- YMCA's - all locations - www.cincymca.org
- Hamilton County General Health District - www.hamiltoncountyhealth.org
- Nutrition Council, 2400 Reading Road, Cincinnati, OHIO 45202 - www.nutritioncouncil.org

Prizes You Could Win:

- 1 year family membership to a YMCA
- 1 year family membership to Cincinnati Nature Center
- Hamilton County Park Pass for 2008
- Four Reds tickets courtesy of the Reds Community Fund
- Day passes for 2 to the RockQuest Climbing Center
- Bone density screening from Children's Hospital
- Pendelton Pilates package

The Summer Family Fun Challenge is brought to you by:



Collaborative
to Prevent Childhood Obesity
Eating Smart. Living Fit.

www.eatingsmartlivingfit.org



www.LNCIgc.org