Take the DAWES ENERGY CHALLENGE

WHAT?

The DAWES ENERGY CHALLENGE is a FREE 6 week training program for families and individuals to prepare for the Cornhusker State Games ENERGY 5K & ENERGY WALK on July 21, 2012. Partners involved (Teach a Kid to Fish, NE YMCA and Dawes Middle School) are developing an inclusive program that will reach out to families in the northeast quadrant of Lincoln to give them the opportunity to train and prepare for the ENERGY 5K and ENERGY Walk. This training program will teach participants the basics of walking and running and create and build an overall foundation of fitness.

The training program will consist of a walking and running program tailored towards the fitness level of the participants. The program will provide structured workouts the participants will be able to do as an individual or a family. Each week the program will allow you to build strength, endurance and confidence to be ready for the ENERGY events. The program will incorporate the consistent healthy living messages of ENERGY:

Eat five or more servings of fruits and vegetables a day

No more than two hours of screen time a day

Each day get 1 or more hours of physical activity

Rethink your drink

Get 8 hours of sleep each night

You can do it!

Hear from speakers about the importance of fitness and good nutrition. Post walk refreshments will be provided for participants at the end of their walk or run!

On July 24, 2012 there will be a "Healthy Living" Pot Luck to celebrate the success of the participants of the ENERGY Event. This will be a time for the participants to share their stories of success!

WHEN?

Starting June 5, 2012 and running for 6 weeks
5:30 to 6:30 pm
Final class on July 17, 2012
ENERGY events on July 21, 2012

WHERE?

Dawes Middle School
5130 Colfax, Lincoln NE 68504

WHY?

Because it's great family fun, that's why! Plus, it's FREE!

HOW?

Find out more about the ENERGY Events and the Cornhusker State Games by going to **www.teachakidtofish.org and www.nebraskasportscouncil.com**
Sign up by completing the registration below and handing it in to your school's office, CLC site supervisor, or the Northeast YMCA.

You may also register online by going to: info@teachakidtofish.org.

Questions? Please email: molly@lincolnracquetclub.com

Please cut and return to school

REGISTRATION

NAME(S)

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PHONE NUMBER

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EMAIL

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