

Welcome to the *Healthy Village Challenge*!!

Village Pediatrics is dedicated to the well-being of you and your family in all areas of life - not just eating right and exercising (although those are very important) but also dental hygiene, mental health, safety and family relationships. The *Healthy Village Challenge* is intended to promote these healthy life habits.

It's easy, here's how to participate:

1. Sign up in our office, on our Facebook Page or via email (healthyvillagechallenge@outlook.com)
2. Pick-up the Healthy Habits charts in our office or download them from our webpage (under patient forms)
3. Post the chart somewhere in your house that you'll see it every day. Hanging them up helps us remember to fill them out, but more importantly, it's a great source of pride and accomplishment for our kids and a reminder for us to praise our child's efforts!
4. Pick a time each day to review the chart and award points (at dinner, before bed...). Let your child help fill out the chart and tally points – it can be a great math lesson too!
5. When your child has earned 100 points, come by the office to pick up the first prize. (Points can be reported by email but you must come by the office to pick up prizes). In addition to winning cool prizes, participants will put their name on the wall and add stars for every 100 points earned.
6. Continue earning and tallying points until you reach the next prize level at which time you can email us your points and come in to claim your prize(s)! Continue until you reach the gold level!!!

100 points = draw-string bag

200 points = Bronze Level (i.e., toys, Pump It Up coupon*)

350 points = Silver Level (i.e., water bottles, books*)

600 points = Gold Level (i.e. Royals gear; gift cards*)

* Prizes listed are examples only and will vary based on availability.



**Signing up is the first step toward a healthy summer and developing healthy habits that can last a lifetime!
Let's have some fun and get healthy! Program runs through the end of August.**

Before you get started, here is some information about what a healthy diet and daily exercise look like. At every meal, try to fill half of the plate with fruits and vegetables. 4-8 year-olds should be eating 1 ½ cups of vegetables every day. Everyone over 9 should be eating 2 ½ cups of vegetables each day. All children and adolescents should be eating approximately 1 ½ cups of fruit every day.

Children and adolescents should do a minimum of 60 minutes of physical activity each day. Most of the 60 minutes should be either moderate or vigorous intensity aerobic physical activity. As part of the 60+ minutes of daily exercise, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Kids are often active in short bursts of time rather than for sustained periods. These short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.

Check out www.ChooseMyPlate.gov for other great tips on healthy eating and physical activity.

Special thanks to our supporters: Logan, Logan & Watson *Preferred Physical Therapy * US Toy * Bruce Smith Drugs *Commerce Bank * Dr Erin Flood, DDS * First Watch *City of Prairie Village *Corinth Hen House *Cosentino's Market *Diagnostic Imaging * Caroline Danda PhD *Emerald City Gym * Enfamil * Great Harvest * Home Music Teachers* Kempo Fitness * KC Royals * KC Zoo *Learning Tree * Monkey Bizness* Pediatric Orthopaedic Surgical Assoc * Planet Sub * Pump It Up * Quest Diagnostics * T-Bones baseball * Westlake Ace * ½ Price Books * Casey Brothers Sinclair

VILLAGE PEDIATRICS' 2013 HEALTHY VILLAGE CHALLENGE



Name: _____


	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I exercised at least 60 min 3 pts														
I ate 1 ½ - 2 ½ cups(3 servings) of vegetables 2 pts														
I ate 1 ½ cups (2 servings) of fruit 1 pt														
I drank 8 cups of water 2 pts														
I got 8-10 hours of sleep 2 pts														
I didn't drink any soda today! 1 pt														
I spent < 1hr playing video games/ computer/watching TV 2 pts														
We ate dinner at home as a family 1 pt														
I brushed twice and flossed 1 pt														
I didn't eat candy/sweets today! 1 pt														
I took a walk with my mom/dad 1 pt														
I did my chores without arguing 1 pt														
I read for at least 30 minutes 1 pt														
Parents' choice: We are working on _____ 1 pt														
Total points														
Parent Initial														



Total Points: _____

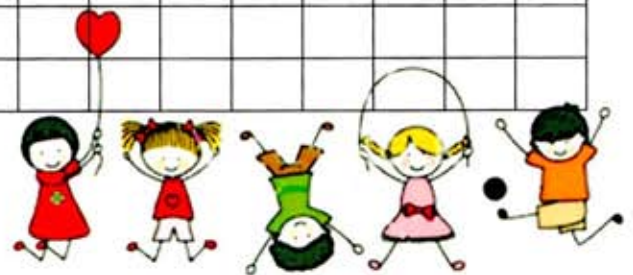
We took the Challenge!!

Tally up your points and let us know how you're doing (healthyvillagechallenge@outlook.com) - you're probably ready to claim a prize!

 Name:	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	I exercised at least 60 min 3 pts													
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I took a walk with my mom/dad 1 pt														
I did my chores without arguing 1 pt														
I read for at least 30 minutes 1 pt														
Parents' choice – we are working on- _____ 1 pt														
Total points														
Parent Initial														

Give yourself 1-time bonus points if:

You have a helmet and wear it every time you ride your bike, skateboard, ripstick...! 10 points	
You discussed your family fire plan and had a fire drill 10 points	
Your family wears their seat belts – every time! 10 points	
We wear our sunscreen when in the sun! 5 points	
You ate 3 bites of a new fruit or vegetable without complaining! 2 points for each food!	



We took the Challenge!!

<p>Total Points:</p>

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