



Child's First Name: _____ Age: _____ Parent's Full Name: _____

Address: _____ Zip Code: _____

Email Address: _____ Phone: () _____

WIN

Qualified participants will be entered to win a grand prize Family Getaway for 4 at the Hotel del Coronado!

Get Active

For 30 minutes: Go for a walk, ride a bike, play in your yard, or find fun kid-friendly workouts and activities online through the YMCA at <https://www.ymcasd.org/virtual-ymca>. Take a photo of you doing one of these activities and attach it to this card as proof of your performance.



Discover

Discover a new healthy recipe and get the help of an adult so you can make it for your family. Attach a photo of the recipe with your completed dish to this card.



Read

Read a book, magazine or online article about health, fitness or sports. Attach an image of what you read to this card.



Learn

Visit Star941fm.com/GetFit and click on the Kaiser Permanente link. Write 3 healthy tips below that you learned while reading through the information on the Kaiser Permanente website.

1. _____
2. _____
3. _____

**Fit Body
Fit Mind**

Submit a note with a couple of sentences on how being active makes you feel better about yourself and/or impacts your attitude and outlook on life.

Participating children must:

- Be 6 to 14 years of age.
- Reside in San Diego County, CA.
- Have the consent of their parent or legal guardian.
- Submit a completed entry by August 29, 2021.

Instructions:

1. Attach proof that you have completed the five (5) action items listed here.
2. Complete the form above and sign below, then mail to:
Star & Kaiser Permanente Get Fit & Thrive Challenge
9660 Granite Ridge Drive, Suite 100 San Diego, CA 92123.
Complete entries can also be submitted via email to getfitandthrive@iheartmeda.com.

Date: _____ Child's Signature: _____

Date: _____ Parent's Signature: _____



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**SAN DIEGO COUNTY
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Working Together to Shape a Healthy Future
Facilitated by UC San Diego Center for Community Health