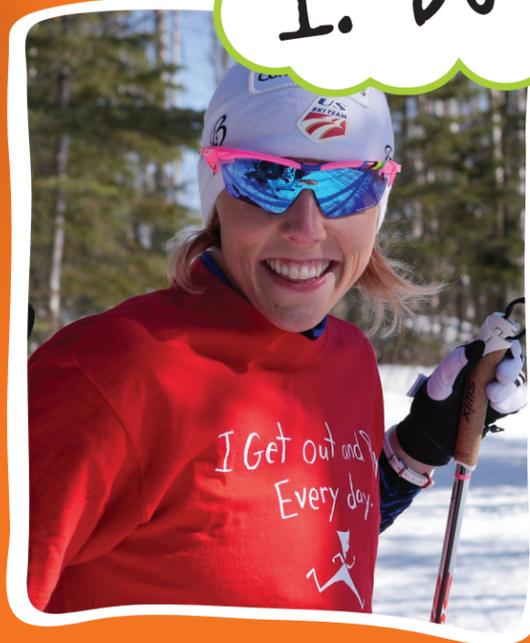


# Take the Healthy Futures Challenge!

Be physically active and get prizes. Plus, the challenge is free.



## 1. Be active.



Walk, hike, bike, ski, skate, jump, catch, run, have fun! Play. Every day.

## 2. Record.



Record play for 4 weeks in a row. Return log to school.

## 3. Get prizes.



Take the challenge 3 months in a row and get prizes.

Talk to your teacher today or visit [www.playeveryday.alaska.gov](http://www.playeveryday.alaska.gov)