



# STAY FIT KIDS!

## Free Summer Program Ages 3-12

Hey kids, if you're looking for a fun way to stay active this summer then check out this program! You must complete each of four components: fitness, outdoor fun, nutrition, and good deeds. Once you have completed the checklist, turn it in to the front desk and you will receive a free day pass to the Renaud Spirit Center or Alligator's Creek! Attached is a log sheet that needs to be used and turned in to track your day to day activities. Children are eligible for two day passes per month. For more information and (download the checklist) visit us at [www.renaudspiritcenter.com](http://www.renaudspiritcenter.com) or contact the Renaud Spirit Center at (636) 474-2REC.

All four components must be completed in two weeks! Please fill all sections below and turn in completed checklist in order to get your free day pass to Alligator's Creek or the Renaud Spirit Center. Remember summer is a great time to Stay Fit Kids!

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ to \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Start date                      End date

\_\_\_\_\_  
Participant Name                      Age



<p><b>FITNESS:</b> <span style="float: right;">✓</span></p> <ul style="list-style-type: none"> <li>• Bike ride for 1hr _____</li> <li>• 50 sit-ups _____</li> <li>• Push-ups _____</li> <li>• Run/walk for 1hr _____</li> </ul>	<p><b>OUTDOOR FUN:</b> <span style="float: right;">✓</span></p> <p>(2 hours must be completed in a park)</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
<p><b>GOOD DEEDS:</b> <span style="float: right;">✓</span></p> <p>(Two good deeds must be completed)</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p><b>NUTRITION:</b> <span style="float: right;">✓</span></p> <ul style="list-style-type: none"> <li>• Drink at least 12 oz. of water daily _____</li> <li>• Eat at least one fruit daily _____</li> <li>• Eat at least one vegetable daily _____</li> </ul>

Ages 3-12 can participate anytime between Memorial Day—Labor Day.

