



Child's First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parent's Full Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

## WIN

Qualified participants will be entered to win (2) tickets to the San Diego Zoo & 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 ymcasd.org. 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](http://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

### 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 the address below.
3. For free entry: Hand print your first and last name, your child's name, complete address, date of birth, phone number on a 3" x 5" card or piece of paper and mail to address below.
4. Mail In Entries to: Star & Kaiser Permanente Get Fit & Thrive Challenge, 9660 Granite Ridge Drive, Suite 100 San Diego, CA 92123.

Date: \_\_\_\_\_ Child's Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

\* Entries must be postmarked by August 31, 2024 and received by September 6, 2024 to be eligible for the final drawing. Multiple entry deadlines apply; see Official Rules at [star941fm.com/getfit](http://star941fm.com/getfit).



**KAISER  
PERMANENTE**



**San Diego Zoo  
Wildlife Alliance**



**the  
YMCA  
YMCA OF SAN DIEGO COUNTY  
COMMUNITY  
WELL-BEING  
& BELONGING**



**san diego county office of  
EDUCATION  
FUTURE WITHOUT BOUNDARIES™**



**COUNTY OF SAN DIEGO  
PARKS AND  
RECREATION**



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