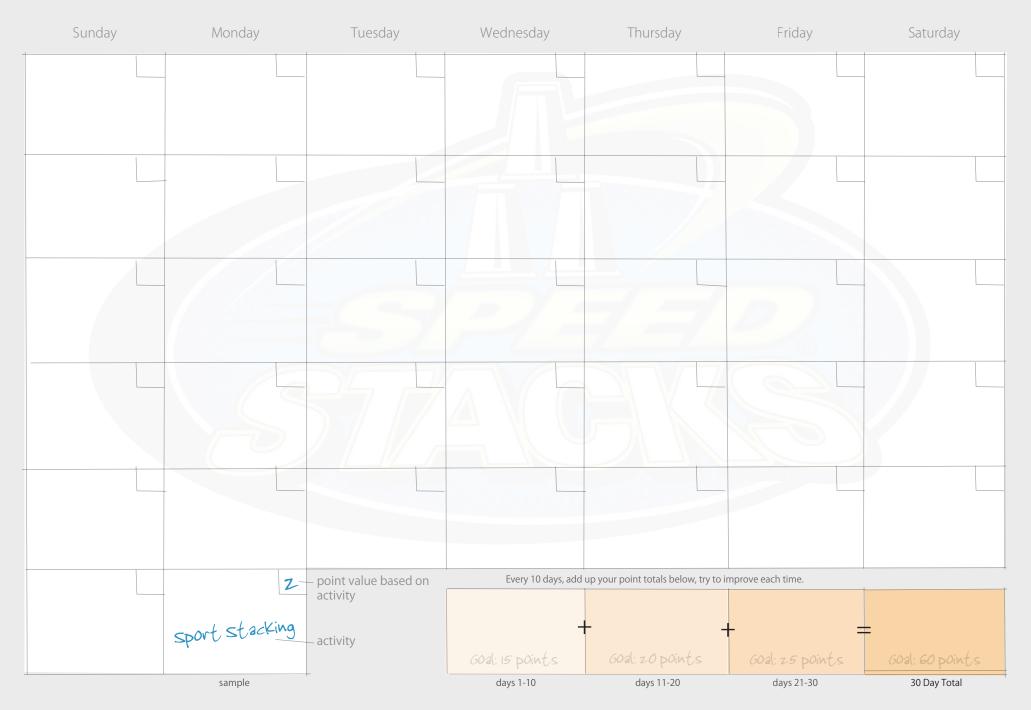
BE ACTIVE 30-Day Challenge



The BE ACTIVE 30-Day Challenge

- 1. Place the 30-Day Challenge Calendar on the refrigerator or wall.
- 2. Choose an activity each day and **BE** ACTIVE for at least 30 minutes.
- 3. Write the number of points for each activity on the calendar daily.
- 4. Go to www.SpeedStacks.com/BeActive and enter the total number of points earned on **Day 10**, **Day 20** and **Day 30**.





Prizes

Speed Stacks will give away 50 prizes in total including an iPad mini and Nike FuelBands. Your chances of winning a prize will be based on the total number of points earned. For more details. visit: www.SpeedStacks.com/BeActive



Goals & Rules

- Be Active each day, but it's okay if you miss a day, you are still in the contest.
- Pick a different activity each day from the **BE** ACTIVE website at www.SpeedStacks.com/BeActive It's alright to repeat activities.
- Make sure you are active for at least 30 minutes each day.
- Record your points online and the school with the most points wins the **BE** ACTIVE 30-Day Challenge!

Activities

1 Point Choose from below or any activity that gets you moving

- Go bowling
- Wash the car
- Cook with your parents
- Sport Stack on a table

- Frisbee
- Stretching
- Fly a kite
- Walk the dog

2 Points any activity to be moderately active

• Bike ride

Jumping on a trampoline

- Jump Rope
- Sport Stack between two tables
- Go for a walk

- Playing in the park
- Dancing
- Mow the lawn
- 3 Points any activity that gets your heart rate up
- Go for a hike
- Sport Stacking relays
- Swim laps
- Run up and down stairs

- Go for a long bike ride
- Play team sports (basketball, hockey or soccer)
- Rollerblading