

# Get Ready to PLAY!

**Power Up Your Summer! Challenge**  
**Celebrate PLAY! Week June 22-26, 2009**



One of the best ways to help kids eat healthy, be active, and have fun is to enroll them into a summer activity program.

Local youth organizations are partnering with the *Network for a Healthy California—Children's Power Play! Campaign* to teach kids how to get 60 minutes of PLAY! every day and eat more fruits and vegetables for strength and energy.

Enroll your child today at:  
The Sonoma County Family YMCA or your local Boys & Girls Club



## Summer is here, and it's time to get your PLAY! on

Get ready to celebrate all of your favorite ways to PLAY!

You and your friends will jump rope, dance, hula hoop, play sports and do all sorts of other fun things to get your body moving and heart pumping.

Why? Because being active and eating fruits and vegetables gives you power and strength. Plus—it's fun!

You'll set a goal for PLAY! minutes and track it all week. Reach your target And celebrate!



Keep on tracking your PLAY! minutes until the end of summer and earn a prize!

Learn more about PLAY! Week from your program leader.

**It's time to Power Up Your Summer! and PLAY!**

