



# BE ACTIVE 30-Day Challenge



The 30-Day Challenge is simple, **BE ACTIVE** for at least 30 minutes each day for 30 days. An iPad mini, Nike FuelBands and over 50 other prizes will be given away. Schools are eligible to win a \$300 giftcard to FlagHouse Sports!

## HOW TO

### Break out the Cups!

- Get kids moving the last few days of school with fun stacking activities.
  - Visit [www.SpeedStacks.com/BeActive/instructors](http://www.SpeedStacks.com/BeActive/instructors) for a full list of games.
- Educate your students on the 30-Day Challenge.



### Involve classroom teachers

- Have them reiterate the benefits of the 30-Day Challenge to their classes.
  - The 30-Day Challenge is a commitment to activity for 30 days this summer!
  - Each student will receive a 30-Day Challenge Calendar in their take home folder.
  - Students keep track of their progress online and can earn cool prizes.



### Educate parents

- Use our customizable parent letter, explaining the 30-Day Challenge, in an email or print for students' take home folders [www.SpeedStacks.com/BeActive/instructors](http://www.SpeedStacks.com/BeActive/instructors)

### Motivate students for summertime activity and 30-Day Challenge success!

- Win an iPad mini, Nike FuelBands, or over fifty other incredible prizes! Participate and enter online at [www.SpeedStacks.com/BeActive](http://www.SpeedStacks.com/BeActive)
- Remember, online participation and being active improves everyone's chance to win prizes.