



## Pledge to be active 5 days a week!

Eating nutritious meals is just the first step to a healthy summer, participating in physical activity completes a healthy lifestyle. Kids and Teens need to be active 60 minutes a day, at least 5 days a week.

Need some ideas? go for a walk, race your friends, hopscotch, jumping jacks, run, double dutch, jump rope, play frisbee, tag.

Cut here and keep top portion -----

### Summer Meals Wellness Contest Pledge Card

I, \_\_\_\_\_, commit to being active \_\_\_\_\_ minutes a day.

Child's signature: \_\_\_\_\_ Site #: \_\_\_\_\_ Date: \_\_\_\_\_

NDS signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Nutritional Development Services**

Archdiocese of Philadelphia

222 N 17th Street Philadelphia, PA 19103 | (215) 895-3470, option 1

[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)

