☐ Fit Girls ☐ Fast Reads
Child's name:
Name of Parent(s)/ Guardian(s):
Cell phone: Work phone:
Emergency contact name / phone:
Home Address:
Parent Email Address:
Child's date of birth:
Child's grade in upcoming school year:
Name of School:
Name of child's pediatrician/ doctor:
Physician phone:
Does your child have any of the following: (circle Yes or No)
Heart conditions Yes / No
Dizziness Yes / No
Diabetes Yes / No Shortness of breath Yes / No
Thyroid disorder Yes / No
Bone or joint problems Yes / No Seizures Yes / No
Current medications (if any):
Please list any food allergies:
Please describe any health problems:
Do you know of any reason why your child should not
participate in physical activity?
If yes, please explain:
I understand the purpose and objectives of the program and wish to enroll my child as a participant. By signing this Fit Girls
Fast Reads Health and Permission Form, I give permission to
have my child photographed for publicity and marketing
objectives. I attest that I have carefully and completely read the information provided and agree that the minor child:
Participant's name:
does not have any reasons which prevent him/her from participating in the Fit Girls or Fast Reads program.
Parent/ Guardian Signature



Contact:

Fit Girls

Jenna Hilligoss, Healthy Communities 217-345-6827 jhilligoss@sblhs.org

Fast Reads

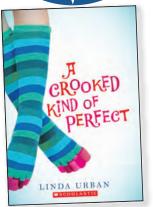
Josh White, Healthy Communities 217-345-6826 jwhite2@sblhs.org

Make checks payable to
Healthy Communities
and mail application/check to:
SBL Healthy Communities
102 W. Buchanan Ave.
Charleston, IL 61920









Fit Girls is a nationally known fitness program for girls that uniquely combines training for a 5k (3.1 mile) race with reading and nutrition education.

9 to 11 am

June 11 & 13

June 18 & 20

June 25 & 27

July 2

July 9 & 11

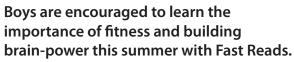
July 16 & 18

July 21 – Run for the Bagel 5K

Mattoon Public Library

Ages:

Girls who have completed 3rd, 4th, or 5th grade.



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July 21 – Run for the Bagel 5K

NEW LOCATION

Mattoon Public Library

Ages:

Boys who have completed 3rd, 4th, or 5th grade.

Fee: \$15

Activities:

- Training for a 5K
- Book discussions
- Interactive nutrition lessons
- Healthy snacks

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Or register online at: www.sarahbush.org/calendar





