

**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?     Yes     No

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](mailto:jhilligoss@sblhs.org)

**Fast Reads**

Josh White, Healthy Communities  
**217-345-6826**  
[jwhite2@sblhs.org](mailto:jwhite2@sblhs.org)

*Make checks payable to*  
**Healthy Communities**  
and mail application/check to:

SBL Healthy Communities  
102 W. Buchanan Ave.  
Charleston, IL 61920

 **Sarah Bush  
Lincoln**  
Healthy Communities  
102 W. Buchanan Ave.  
Charleston, IL 61920  
[www.sarahbush.org](http://www.sarahbush.org)



**READING  
RUNNING  
NUTRITION**



**healthy kids**  
a journey to healthy habits  Sarah Bush  
Lincoln



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 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> grade.

**Fee: \$15**

**Activities:**

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

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**Fast Reads**

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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*

Or register online at:  
[www.sarahbush.org/calendar](http://www.sarahbush.org/calendar)



Boys are encouraged to learn the importance of fitness and building brain-power this summer with Fast Reads.

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**NEW LOCATION**

Mattoon Public Library

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