

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

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
655 W. Lincoln Ave Suite 13
Charleston, IL 61920

 **Sarah Bush
Lincoln**
Healthy Communities
655 W. Lincoln Ave Suite 13
Charleston, IL 61920
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 12 & 14

June 19 & 21

June 26 & 28

July 3 & 5

July 10 & 12

July 17 & 19

July 22 – Run for the Bagel 5K

Mattoon Public Library

Ages:

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

Fee: \$15

Activities:

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

Contact:

Fit Girls

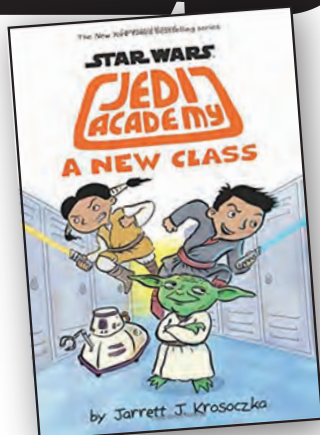
Jenna Hilligoss, Healthy Communities
217-345-6827
jhilligoss@sblhs.org

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
655 W. Lincoln Ave Suite 13
Charleston, IL 61920



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

10 to 11:30 am

June 12 & 14

June 19 & 21

June 26 & 28

July 3 & 5

July 10 & 12

July 17 & 19

July 22 – Run for the Bagel 5K

Charleston Public Library

Ages:

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

