



Fundraiser & Fun Physical Activity!

Schools and Youth Programs

Frequently Asked Questions About
Dance for Health™

www.healthykidsdance.org

Q. Who is hosting this fundraising campaign?

A. Award winning Healthy Kids Challenge, a national nonprofit organization, led by registered dietitians dedicated to helping find simple, fun solutions for healthy eating and physical activity.

Q. How do I register our school or youth program?

A. Log on to www.healthykidsdance.org

Q. How do we plan a *Dance for Health™* event?

A. Registered schools/programs will receive a coordinator's toolkit in August to help create a successful event.

Q. What will be in the coordinator's toolkit?

A. The toolkit contains a step-by-step planner, a timeline checklist, donation letter, fun ideas for involving parents and community, a music CD, healthy tips handouts, and promotional posters.

Q. Can we have our event anytime we want?

A. Host your *Dance for Health™* event during the month of October. Be creative with when to hold the event. Consider a family/student night, or schedule with another event.

Q. Are there individual student prizes for the funds raised?

A. No. Incentives are awarded to schools/programs based on the total funds raised and submitted. Pedometers, nutrition games, and educational materials are some of the incentives.

The grand prize for the school or program raising the most funds is a guest visit from *The Cheetah Girls* actress and star, Sabrina Bryan.

We CHALLENGE KidLinks* to lead the *Dance for Health™* and make a difference for kids!

* KidLinks: People who can help kids make healthy eating and physical activity choices a habit

THANK YOU to our event sponsors CIGNA and Mission Foods! Their commitment to health, youth, and community has made Dance for Health™ possible.

Have your school or program sign up today!

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For questions contact Vickie James, HKC Director: 1-888-259-6287