

Take A Child To Work



Health and Fitness Day

A healthy
world starts
with a healthy
plate!



Date: Thursday, April 24, 2014
Time: 8:30 a.m.—2:20 p.m.
Where: Gym—Napier Avenue Building





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8:30—8:50 a.m.	Breakfast, Gym Balcony, Napier Avenue Campus Welcome and discussion of the day's activities
8:50—9:30 a.m.	Food Pyramid Dynamics—Blue Lecture Hall
9:30—10:30 a.m.	Food Pyramid Relay Race <ul style="list-style-type: none">• Team A (5-8 Years Old)• Team B (9-13 Years Old)
10:30—10:40 a.m.	Break
10:40 —11:10 a.m.	Yoga—Steven Welsh
11:10—11:30 a.m.	Fun Activity
11:30 a.m.—12:00 p.m.	Lunch, Gym Balcony, Napier Avenue Campus Please join your children for lunch
12:00 —12:30 p.m.	Muscle and Bone Presentation—Blue Lecture Hall <ul style="list-style-type: none">• Vicki Shoemaker
12:30 - 1:30 p.m.	Nerf Floor Hockey <ul style="list-style-type: none">• Team A (5-8 Years Old)• Team B (9-13 Years Old)
1:30—1:40 p.m.	Break
1:40— 2:10 p.m.	Dance It! —Anastasia Kotlyarova
2:10 - 2:20 p.m.	Dance Performance for Parents





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Please list the name, age and shirt size of your child or children who are planning to attend "Take Your Child to Work Health and Fitness Day 2014." We do recommend that your child be of school age.

Child's Name	Age	Shirt Size
_____	_____	_____
_____	_____	_____
_____	_____	_____

Size	Youth Size
XS	2-4
S	6-8
M	10-12
L	14-16
XL	18-20

(PLEASE INDICATE ANY SPECIAL DIETARY NEEDS YOUR CHILD HAS.)

We welcome and encourage parents/guardians to join their children for breakfast and lunch.

Yes, I plan to have _____ breakfast and/or _____ lunch with my child/children.

Parent/Guardian Name

Ext.

Please return this form to Kathy Tebell at A-304 or
tebell@lakemichigancollege.edu by Friday, April 10, 2014.
For questions, please call Kathy at 927-6197.

