



## Tana's Story

My name is Tana and I live in the best town in the whole world! My friends and I get to ride our bikes to school on the sidewalk and play in the parks after school. Everyday we play hard during recess, take physical activity/fitness breaks in class to clear our heads, and have only healthy snacks and parties. My family and I stay healthy together by playing outside and eating healthy. I loved going to Streets Alive last August when I got to ride my bike on the streets and play games outside! When my doctor asks me how I'm doing - I say "Great!" I know that where I live, learn and play are the most important things to growing up healthy and strong.

# HEALTHY EATING- ACTIVE LIVING

## KIDS

Prevent kids from becoming unhealthy by providing the opportunities for healthy foods and to be active.

## COMMUNITY

You can help us create more active and healthy environments in our Schools and Communities.

## COST

Healthy People = Lower Health Care Costs

**Yes, I am interested in joining the movement.**  
I am interested in:

- |                                                         |                                                              |
|---------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Access to healthy foods        | <input type="checkbox"/> Opportunities for Physical Activity |
| <input type="checkbox"/> Schools and Child Care         | <input type="checkbox"/> Streets Alive and other events      |
| <input type="checkbox"/> Becoming an Informed Supporter |                                                              |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

# IF NOT US, WHO? IF NOT NOW, WHEN?



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**JOIN THE  
MOVEMENT**

**Clay County Public Health  
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