



Take The King's Challenge.

Experts say that kids need at least 60 minutes of physical activity every day to feel good about themselves, have fun and adopt lifelong habits for healthy living.

Every day you take part in 60 minutes of physical activity or play, have your parents write the date and their initials in the PlayCard boxes below. Once all the boxes are filled, bring your PlayCard back to Smoothie King and get a FREE Kids' Kup smoothie!

Now get going, get active and get on your way to a FREE Kids' Kup smoothie!

Start Date: _____

Get a move on.

Getting 60 minutes of play is easy and fun. Here are some ideas how you and your family can get active:

- Rake leaves — then jump in them!
- Take your family pet out for a walk.
- Adopt a highway, park or beach and keep it clean.
- Dig and plant in the garden.
- Wash the car.
- Walk, jog or ride your bike instead of driving when you can.
- Enter and walk in holiday parades, festivals and charity fundraisers.

Our mission.

Smoothie King is a proud partner of the national Play Every Day initiative and its mission to ensure every child gets at least 60 minutes of physical activity every day. To learn more, visit www.playeveryday.org or smoothieking.com.



A healthy reward.

Smoothie King Kids' Kups are fortified with 100% of the RDA of vitamins and minerals. Choose your favorite:

- Choc-A-Laka
- Gimme-Grape
- Berry Interesting
- Smarti Tart
- CW, Jr.
- Lil' Angel



Be
good
to yourself®

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