



Win Cash Awards for Your School! Join the Fire Up Your Feet Activity Challenge

*Encourage physical activity and promote health and wellness!
Easy, fun, and free to participate for K-8 schools, students, parents, teachers, and
community members!*

Spring 2017 Challenge
May 1-31, 2017

\$10,000 in awards
for Oregon schools!

Sign up today!

- 1. Click it!** Visit fireupyourfeet.org to sign up. It's free!
- 2. Track it!** During the challenge, track your school's physical activity using our easy online activity tracker. Bicycling, Walk to School Day, recess – all activity counts!
- 3. Win It!** Schools with the most activity win cash awards to support physical activity, wellness, and Safe Routes to School programs!

**NEW & IMPROVED
ACTIVITY TRACKER
& AWARDS!**

www.fireupyourfeet.org



"Fire Up Your Feet has helped our school meet our goal of increasing each student's physical activity to more than 60 minutes a day!"

- Rebecca Moore, Beryl Heights Elementary, Redondo Beach, CA

