



FUN TO BE FIT FESTIVAL

The School Nutrition Services of Meridian Joint School District No. 2 is presenting the first annual Fun to be Fit Festival scheduled for May 18th, 2013. Our goal is to encourage healthy lifestyle choices over the summer by exposing participants to fun ways to stay active, Providing nutrition education/food sampling and sending participants home with a summer challenge. See flyer below....

Chelsie Thompson,
Fun to be Fit Festival Chair
Jean Dean,
School Nutrition Supervisor
funtobenefitfestival@yahoo.com



FUN TO BE FIT FESTIVAL

Saturday, May 18th

10:00 am – 3:00 pm

Meridian High School

1900 W. Pine Ave.

Meridian, ID 83642

Festival Events:

KICK OFF EVENT – 10 AM, Cross fit race...details on registration coming soon
-1ST, 2ND, AND 3RD PLACE WINNERS for each age category.

LIVE ZUMBA FOR KIDS -10:30 AM on the field. Theme: Crazy & Colorful! – accessorize your workout clothes with something wild, crazy, and full of color! First 100 participants receive a free FUN TO BE FIT FESTIVAL t-shirt.

PASSPORT ACTIVITIES start at 11:30 on the football field. Prizes for participants who try six different activities

NUTRITION EXPO starts at 11:30 in the cafeteria. Expo will feature artwork and poster presentations from elementary and middle school students. The expo presentation will be delivered from local high school students. Come taste samples of our 15 winning healthy recipes!!

SUMMER CHALLENGE families who take the challenge to exercise daily and try multiple healthy recipes submitted by our students can enter daily to win some fantastic prizes! Details will be posted on the School Nutrition Services website and explained at the conclusion of the expo – come check it out!

BOOTHS/FOOD VENDORS are designed to give festival participants a taste of what local businesses support healthy living, offer fitness activities, and sell healthy, nutritious food all in one location! Stay active this summer by signing up for activities/services at discounted prices, exclusively for festival participants!

Come see what wonderful contributions YOUR child has made in making this event a success!!

**Presented by the School Nutrition Services of Meridian Joint School District No. 2
Who serve 49 schools in Boise, Meridian, Eagle and Star**