## For 1-Hour-A-Day!

"Brilliant Idea—It's like a super fun, super low-cost 'FitBit' for kids! What a great way to remind kids throughout their day to Get Up and Play! They're not only cool for students to wear—but they challenge each child to set and meet their daily physical activity goals!"

-- Cindy Coughlin, Physical Education + Health Teacher, Alice B. Beal Elementary School, Springfield, MA

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## How to use:

Kids put 6 colorful bands on one wrist. For every 10 minutes that they're physically active, they get to move a band to the other wrist. Throughout the day, the bands remind them to get up and play - for at least 60 minutes or 1 hour a day!

MY ACTIVITY TRACKER LOG SE

Get Up and Play for at least 1 Hour a Day!



## Only \$2.95 per kit (For orders over 100 kits) PLUS: We can add your LOGO + MESSAGE!

And, at the end of the day, they can record their progress on the bookmark or on our free downloadable Activity Tracker Log.

## Get Up + Play! Tracker Bands

**Kit Includes:** 6 colorful tracker bands, bookmark with fun tips and tracker chart, and downloadable Activity Tracker Log Poster.

**Plus:** We can add your LOGO + MESSAGE to promote your programs!

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