

GRAFTON COUNTY

3855 Dartmouth College Hwy, Box 5
N. Haverhill, NH 03774
Tel: (603)787-6944
Fax: (603) 787-2009



 UNIVERSITY
of NEW HAMPSHIRE
Cooperative Extension

You're Invited to Join 4-H in Answering the President's Challenge

As part of 4-H's involvement with the Let's Move campaign, 4-H National Headquarters has started a group to take the President's Challenge together - and you and your family are invited to be part of it!

The President's Challenge Active Lifestyle + is for one million Americans to complete the **Presidential Active Lifestyle Award (PALA)**.
4-H is answering this call by setting a goal to have 100,000 4-H members and their families complete their PALA.

The award recognizes those individuals who log their recommended physical activity five days a week (60 minutes for youth, 30 minutes minimum for adults), for a total of six weeks.

Signing up your 4-H group is simple.

1. All you have to do is tell the office that you want to participate. It's quick, and there's no cost involved! We will send you the forms you need to distribute to your group.
2. Have your 4-H members log their physical activity for six weeks.
3. Collect their completed logs. Email the office for the access code to enter them on-line yourself, or send the completed forms to the office for us to enter.

Good luck!

The President's Challenge -- www.PresidentsChallenge.org
Let's Move Campaign -- www.letsmove.gov