

Celebrate Month of the Military Child as a Family

by making a commitment to become more active



Our Goal is Tennessee is to have 100 participants join the OMK group and complete the challenge!



Join the President's Active Lifestyle Award (PALA) Challenge

This challenge is for youth and adults, so get the whole family is involved!

Youth (anyone between the ages of 6 and 17 years): You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).

Adults (anyone aged 18 and older): You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).



Log in at www.presidentschallenge.org

Group name: Tennessee Operation: Military Kids
Group number: 99156

Watch our progress!

Follow Mary Frances Griffin
(username: MFGriffin) and
Carrera Romanini (username: Romanini)
as we complete the challenge too!

The challenge begins **now** and
ends September 1, 2011