

Champions for Kids SIMPLE Service Project

# Help Them Play!



## Odwalla Game Day Challenge



Champions for Kids  
Collectors Series  
7 of 12 • 2011-2012

### Did You Know?

- 1 out of 3 children and teens in the US are overweight, which puts them at risk of developing serious health problems, including diabetes, heart disease and asthma.
- Only 3.8 percent of elementary schools, 7.9 percent of middle schools and 2.1 percent of high schools provide daily physical exercise for their students.
- Children who play sports have better eating habits and nutrient intake than those who do not, and this combination of physical exercise and balanced diet contributes to improved health and academic achievement. Odwalla believes in Nourishing The Body Whole® so that children can have healthy nutrition and lead strong lives!

### Ways YOU Can Help!

**GATHER** your family, friends, and co-workers to participate in a Odwalla Game Day Challenge by hosting a basketball, baseball, kickball, football, softball, or other kind of ball game. Have each person bring new or gently used sporting equipment!

**LEARN** about the athletic needs of children in your community by inviting a teacher, youth group leader, or coach to talk with a group of your family, friends, and co-workers.

**GIVE** the teacher/coach/youth group leader the sporting equipment to help children in your community enjoy more active and healthier lives.

**SHARE** your story with us at [www.championsforkids.org/simple](http://www.championsforkids.org/simple) so that we can celebrate your participation! Please let us know that you are **ONE** of Millions who helped reach our goal to mobilize 20 Million people by 2020 to become Champions for Kids!



**I AM  
ONE OF  
MILLIONS**  
CHAMPIONS FOR KIDS