



## Healthy Lombard's Summer Flat Apple Program for Kids

The mission of the Healthy Lombard Foundation is to address the epidemic of childhood obesity and promote a healthier lifestyle for all community members through the "Triple A Approach" of awareness, activities, and achievement.

With that mission in mind, Healthy Lombard developed the Flat Apple program to incentivize kids to stay active during the summer months outside of school. The 2019 program runs June 3-August 9. The program allows participants to earn tickets to make them eligible to win a variety of prizes at the end of the summer. Prize winners are typically contacted in September.

To register your child, please visit [www.healthylombard.com](http://www.healthylombard.com) and click on the Flat Apple link on the right-hand side under Quick Clicks. There is no fee to register for Flat Apple. Children must be registered by an adult to participate in the program.

Flat Apple provides various opportunities to earn "tickets" to be eligible for raffle prizes at the end of the summer. Tickets may be earned in the following ways:

- Participants can log their physical activity for the summer and complete the activity tracker. The activity tracker can be found on the Healthy Lombard website at <http://healthylombard.com/flat-apple-2019/>. Every 300 minutes counts for one raffle ticket. Participants are encouraged to log as many hours as they wish, but please note the max number of tickets earned for completing the activity tracker is ten (3,000 minutes). Tracker sheets should be returned to Sunset Knoll Recreation Center at 820 S. Finley Road in Lombard (Attention: Flat Apple 2019, Joe McCann). Sheets are DUE BY AUGUST 9.
- Participants may also earn one ticket for each sponsored event they attend throughout the summer. There are typically a few Healthy Lombard Member Events offered during the summer months. More event details may be found as they are made available at [www.healthylombard.com](http://www.healthylombard.com).
- Participants may also earn tickets by posting a "Healthy Selfie" photo on the Healthy Lombard Facebook page. Participants may earn a total of 10 tickets by submitting "Healthy Selfies."

More Flat Apple information can be found at <http://healthylombard.com/flat-apple-2019/>.

Have a healthy and great summer!

