



GET FIT *CHALLENGE*

Presented By



UnitedHealthcare®



BEAUTIFUL
LIVES PROJECT
Have hope. Have life.



FIT



**NBA G
LEAGUE**



**NBA
Cares**



legends



nba

UNITEDHEALTHCARE PARTNERS WITH TEXAS LEGENDS TO HELP FIGHT CHILDHOOD OBESITY

The Texas Legends, in partnership with NBA Cares and UnitedHealthcare are proud to announce the Texas Legends **GETFITCHALLENGE** for this Season. Childhood Obesity is at the center of attention for the Legends' organization and UnitedHealthcare has made it a priority to do something about it.

The **GETFITCHALLENGE** is designed to educate boys and girls about the importance of good nutrition, help them make time for physical exercise each day, and guide them in developing individual strength and good character for a healthy future. Boys and girls will track their progress in a week long challenge of both good eating and exercise. For every child that participates and completes the challenge, UnitedHealthcare will provide two complimentary tickets to come see the Texas Legends in action.

"We are proud to partner with UnitedHealthcare in this fitness initiative," commented Donnie Nelson, General Manager of the World Champion Dallas Mavericks' and the Owner of the Texas Legends. "Healthy living is a focus of the Legends throughout the year at all of our camps and clinics, and it's companies like UnitedHealthcare that help to make fitness a staple of our community."

United Healthcare has had a significant presence in the North Dallas community for many years to help battle this disease.

The rate of childhood obesity has more than tripled over the last 30 years," said Scott Flannery, CEO of UnitedHealthcare of North Texas. "We simply must address this issue for the health of future generation. We're excited to work with the Texas Legends' organization through the **GETFITCHALLENGE** Program to bring this important health and wellness program to our communities' children."

GETFITCHALLENGE

There are certain steps that you may take to help you succeed in the ***GETFITCHALLENGE***. The following tips will help you on your way to being happier and healthier!

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GO OUTSIDE!

BENEFITS OF SUNLIGHT

Sunlight is a good source of Vitamin D, which keeps you healthy and strong. Exposure to sunlight will make you happy and put you in a good mood! Daily doses of sunlight enhance your immune system, which will keep you happy and healthy!

WHAT TO DO

To make the most out of going outside, it's always good to get some physical activity in. You can walk, play tag, or anything that gets you active. **Your body needs 30 minutes of physical activity per day.** What you do for that 30 minutes is up to you!



Scavenger Hunt

1. Find a shiny rock
2. Throw away a piece of trash
3. Pick a dandelion
4. Find a slide and slide down it
5. Find a ladybug

Bonus: Find an animal track
Can you guess the animal?



EXPLORE!

The world is full of endless possibilities that you are yet to discover! Go to a local park that you have never been to or go on a scavenger hunt with friends! Participate in a new sport that you have never tried before! The more you explore, the more you will learn about yourself!

**Do you know
your fruits,
vegetables,
grains, protein,
and dairy?**

THINK! BEFORE YOU EAT!

FRUITS

Apples
Bananas
Berries
Oranges
Grapes
Peaches

VEGETABLES

Potatoes
Carrots
Broccoli
Lettuce
Tomato
Spinach
Peas

GRAINS

Bread
Pasta
Oatmeal
Tortillas
Rice
Cereal

PROTEIN

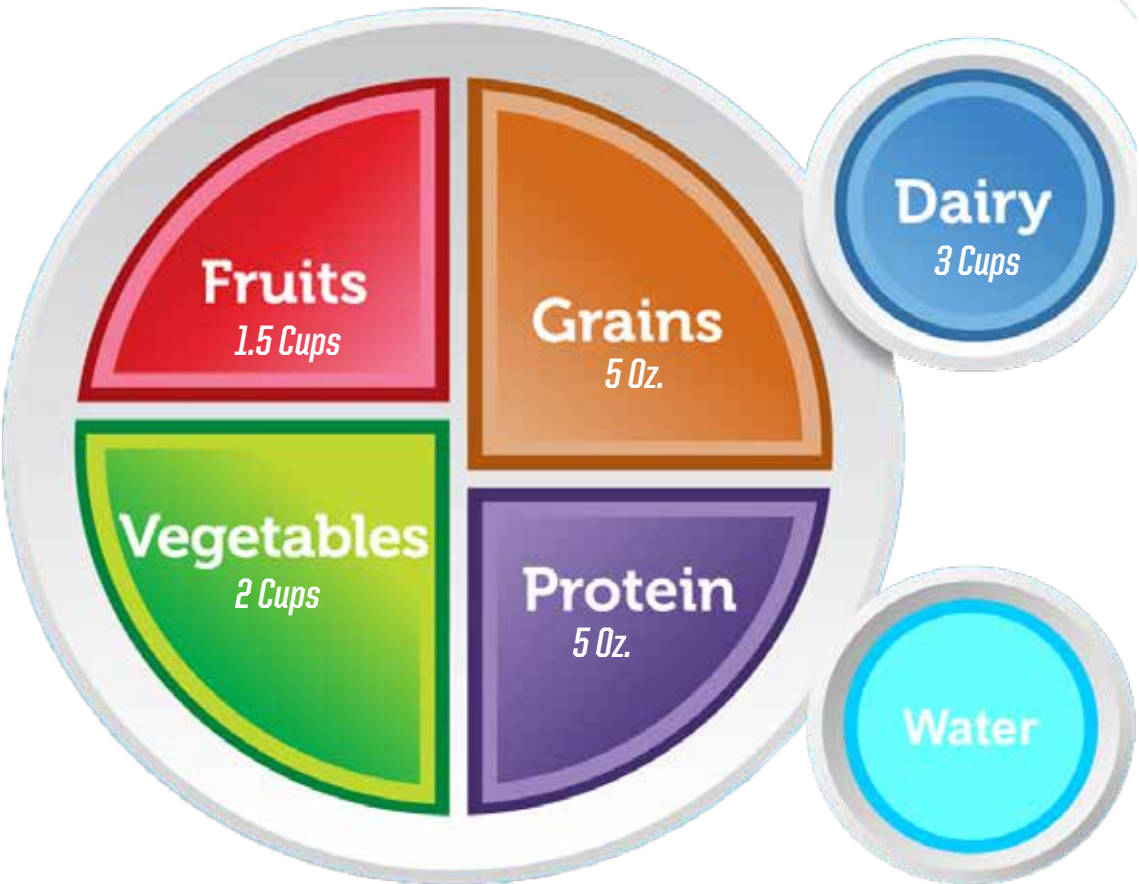
Meat
Chicken
Seafood
Beans
Eggs
Nuts

DAIRY

Milk
Cheese
Yogurt

In order to be healthy, your body needs a lot of good foods, consisting of fruits and vegetables. It is also important to maintain a healthy diet. When you come home from school, try to think about what food is good for your body versus what food is not good for your body.

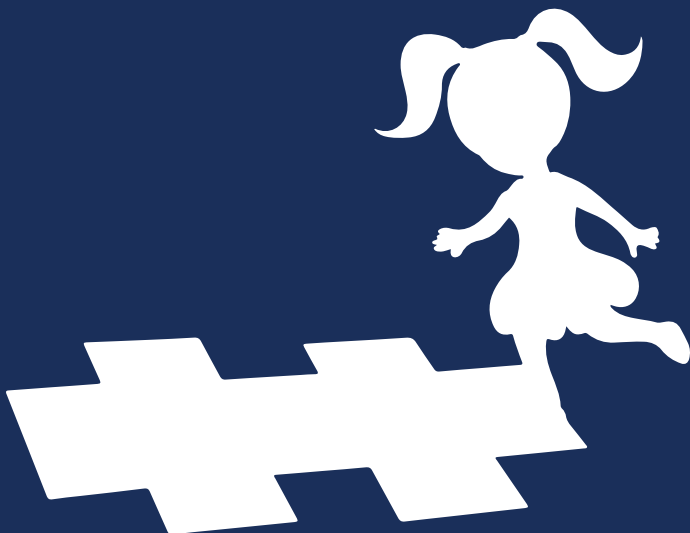
The USDA's dietary guideline, "MyPlate", is a circular diagram that is supposed to resemble a plate. The diagram shows how much of what types of food should be on your plate in a well-rounded meal.



**CAN YOU MAKE YOUR PLATE
LOOK LIKE THIS?**

FOCUS ON FUN!

Exercising, playing sports and eating healthy can be fun. Get creative and think of new games to play outside with family and friends, or ask your parents if you may cook a healthy dinner one night. Staying fit can be fun and it's important to find something you enjoy doing!



Fun activities you can do by yourself:

Hula Hooping

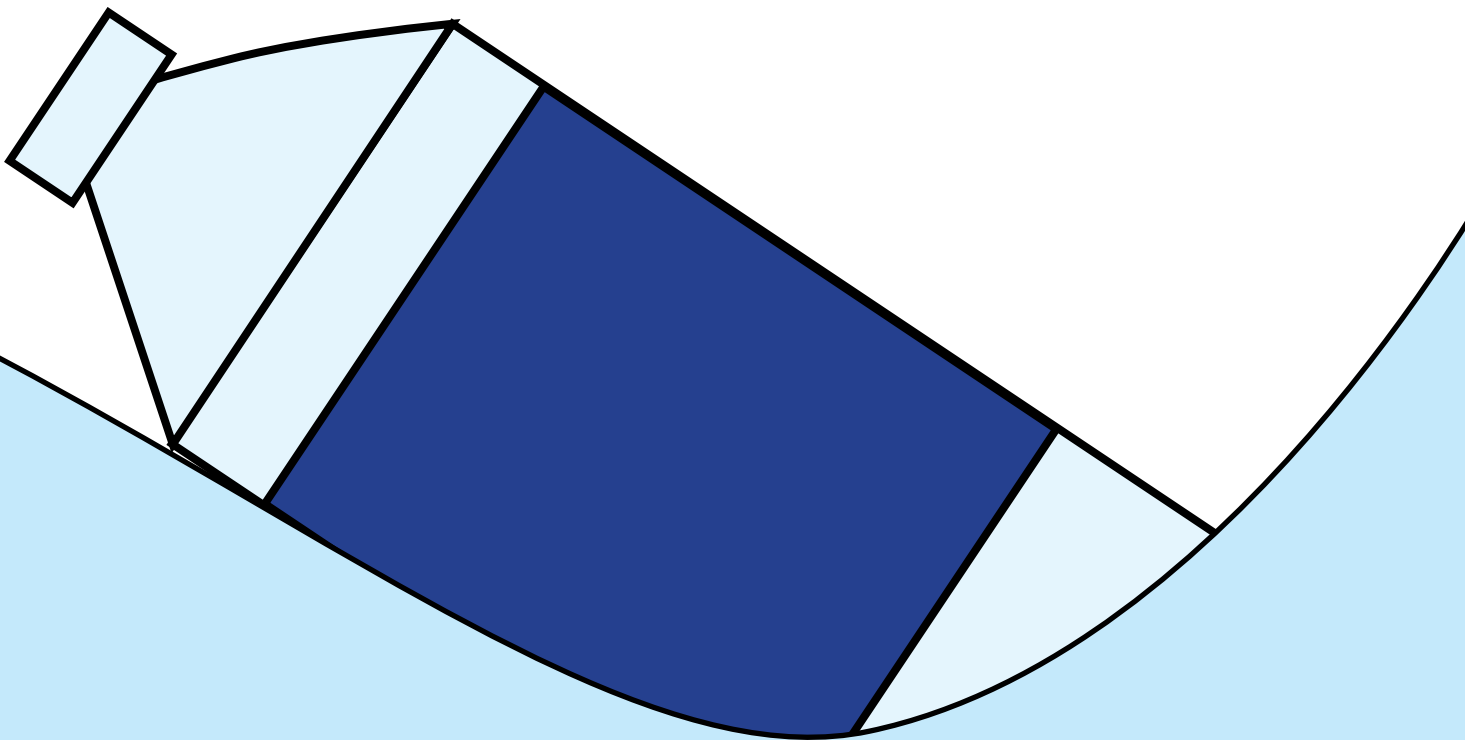
Jump Rope

Hopscotch

Rollerblading

INCLUDE WATER!

Water is one of the most important parts of a healthy diet, and your body needs at least 8 glasses of water a day! It keeps you hydrated and helps increase your energy levels, which will help you stay fit and active. Make sure you drink plenty of water before, after, and while you're playing outside.



**FUN FACT:
YOUR BODY IS 60% WATER**

TAKE A FRIEND!

Exercising and staying active can be more enjoyable when you bring a friend along! Ask your friends if they want to play your favorite sport together or go for a bike ride - anything you can do together! The more friends you involve, the more exciting it can be!

**Here are some activities
you can do with friends:**

Play Basketball!

Play Baseball!

Play Soccer!

Go Swimming!

Go for a Bike Ride!

Go for a Run!



HOW *GETFIT* WORKS

1. Take this GETFITCHALLENGE guide home.
2. Discuss it with your parents or guardians so that they may help you.
3. The only way to do well on this challenge is to make sure to seat well everyday AND exercise.
4. Keep track of your progress everyday using the chart on the next page.
5. At the end of the week, have your parent or guardian sign the chart. Then return it to your teacher or coach!
6. It's that easy! Now go get started!





GET FIT CHALLENGE

Fill out each section and return to your teacher, coach
or parent by Friday

	Meals	Grains (oz.)	Fruits (Cups)	Vegetables (Cups)	Meat/Beans (oz.)	Water/Milk (Cups)	Activity:
MONDAY	Breakfast	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Minutes (circle one): 20 30 40 50 60+ Parent/Guardian Initials _____
	Lunch	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Dinner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Total						
TUESDAY	Breakfast	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Minutes (circle one): 20 30 40 50 60+ Parent/Guardian Initials _____
	Lunch	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Dinner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Total						
WEDNESDAY	Breakfast	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Minutes (circle one): 20 30 40 50 60+ Parent/Guardian Initials _____
	Lunch	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Dinner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Total						
THURSDAY	Breakfast	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Minutes (circle one): 20 30 40 50 60+ Parent/Guardian Initials _____
	Lunch	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Dinner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Total						
FRIDAY	Breakfast	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Minutes (circle one): 20 30 40 50 60+ Parent/Guardian Initials _____
	Lunch	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Dinner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Total						
Weekly Totals							

Student _____

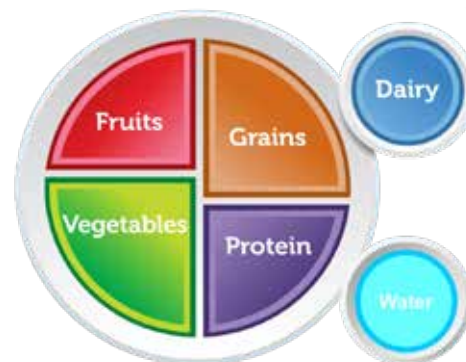
Grade _____ School _____

Parent/Guardian Signature _____

Classroom Teacher _____

P.E. Teacher/Coach _____

Does Your Plate Look Like This?





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Ticket Certificate

Good for Two (2) Tickets To a
Texas Legends Home Game
2021-22 Season

Print this page, along with the completed and signed Get Fit CHallenge Chart on the previous page and bring to the Texas Legends office to redeem for two (2) tickets to a Legends hom game. Tickets are subject to availability and must be redeemed at least one week prior to game date. Legends office is located inside the Comerica Center at 2601 Avenue of the Stars, Frisco, TX.

Questions? Call 214-469-0822



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jr. legends



jr. nba