



**Gage County on the Move!!**

**Project P.A.C.E. Physically Active Communities Excel**

Children, families, schools, worksites, everyone! May 2006

**PHOTO CONTEST**

**Physical Activity for Everyone: Making Physical Activity Part of Your Life**

Find time together with family and do something fun. Submit a photo of a special family activity or event that show how your family is promoting a healthy physical lifestyle. Place your picture with the registration below and your picture will be in a drawing for a special prize in the Month of May. Deadline for submission is 31 May 2006.

Start today...get a sign up sheet at the YMCA, Beatrice Library, or Mall and give us your steps during May and June. It's easy and fun and we'll help you get started. If you have any questions or need help getting started, call one of us and we will get you on your way. Gage County on the Move!!

Remember it's not just a walking project. You can convert other activities to steps. You can count weight lifting, basketball, cleaning house, mowing, swimming, jazzercise, and more. All of the information is at local drop off sites or on the website. Look for the boxes at Indian Creek Mall (in the circle in front of Ashley's), at the Post Office, YMCA, and Beatrice Public library. In other communities we will send the information to a local site such as your area school. Just contact us.

This message is brought to you as part of the "Healthy Minds/Healthy Bodies" educational campaign sponsored by Gage County Coalition PATCH/Healthy Lifestyles Task Force, Blue Valley Mental Health Center, Beatrice Community Hospital, and Gage County Safe Schools/Healthy Students. For further information and resources, contact Sharon Langvardt, MS, LCMFT, Blue Valley Mental Health Center, (402) 228-3386 or bluevalley@alltel.net

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**Detach and submit to: PATCH, 1201 S. 9th St. (Parkview), Beatrice, NE 68310**

Name of Family Members \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Date of Photo \_\_\_\_\_ Place of Photo \_\_\_\_\_

Details of Special Family Event promoting Family Physical Activity \_\_\_\_\_

\_\_\_\_\_

Number of minutes for activity \_\_\_ 30-60 \_\_\_ 60-90 \_\_\_ 90-120 \_\_\_ 120+

Hours of Activity in month (example Bike riding 10 hours)

1. \_\_\_\_\_ Hrs. \_\_\_\_\_
2. \_\_\_\_\_ Hrs. \_\_\_\_\_
3. \_\_\_\_\_ Hrs. \_\_\_\_\_
4. \_\_\_\_\_ Hrs. \_\_\_\_\_

Continue on back if needed.