Month of the Military Child
Move Together Contest

Open to all youth ages 5-18!
Play along with us during April - Month of the Military Child! For every activity you complete from the list below, a ticket will be entered in your name for a raffle to receive a prize. See the next page for more details.

Move Together Contest Activities

☐ Walk with a friend  ☐ Walk on a treadmill
☐ Row  ☐ Plank
☐ Dead-hang pullup  ☐ Jump’n jack
☐ Pushup  ☐ Crab walk
☐ Sprint  ☐ Jump rope
☐ Bike (outside or stationary)  ☐ Wear purple on April 15th for Month of the Military Child
☐ Swim  ☐ Get outside for any activity
☐ Run or jog  ☐ Tell us about your favorite activity that gets you moving!
☐ Crunches
☐ Shuttle run
☐ Skip
☐ Yoga
Participate by trying as many of the activities on the list. Mark the activities completed or keep a list. Complete activities at your leisure and within your range of comfort. For example, if 5 push-ups is comfortable for you then do 5 push-ups. If 10 push-ups is a stretch for you but you want to rise to the challenge, then set your goal for 10 push-ups. "You do you!"

Modifications can be made to any exercise to accommodate individual abilities.

Optional: Take a photo of an activity in action and tag @MKVermont on Facebook and use the #purpleupvt2022. *Not required for prize eligibility.

Ways to submit:
- Send a photo or scan of your list OR email a list of activities completed to allison.smith.2@uvm.edu.
- In your email, please include all participant names noting the age of youth who participated, your phone number, and mailing address.

Deadline to submit is Friday, April 29, 2022. Drawing for prizes on May 6th.

Questions? Contact Allison Smith, allison.smith.2@uvm.edu. If you need a printed card to participate, drop Allison an email with your mailing address and you’ll get one sent to you in the mail.

How to play!

April is Month of the Military Child and to celebrate we are launching the Move Together Contest! The exercises included in this contest are based on the military physical fitness tests, plus a few extra thrown in for fun.

1. Participate by trying as many of the activities on the list. Mark the activities completed or keep a list.
2. Complete activities at your leisure and within your range of comfort. For example, if 5 push-ups is comfortable for you then do 5 push-ups. If 10 push-ups is a stretch for you but you want to rise to the challenge, then set your goal for 10 push-ups. "You do you!"
3. Modifications can be made to any exercise to accommodate individual abilities.
4. Optional: Take a photo of an activity in action and tag @MKVermont on Facebook and use the #purpleupvt2022. *Not required for prize eligibility.
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   - Send a photo or scan of your list OR email a list of activities completed to allison.smith.2@uvm.edu.
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6. Deadline to submit is Friday, April 29, 2022. Drawing for prizes on May 6th.
7. Questions? Contact Allison Smith, allison.smith.2@uvm.edu. If you need a printed card to participate, drop Allison an email with your mailing address and you’ll get one sent to you in the mail.

Submission Deadline April 29th
Open to ALL youth ages 18 or younger.
***no military affiliation required***
All entries will be entered into a raffle for prizes!
For contest guidelines, visit the link below!
https://www.uvm.edu/extension/youth/announcements

Brought to you by Military Kids Vermont
https://www.facebook.com/MKVermont