



JUMP ROPE CHALLENGE

SEPTEMBER 2023
CHILDHOOD OBESITY AWARENESS MONTH

Registration Opens: Aug. 14, 2023

Registration Closes: When filled.

OPEN TO 20 PARTICIPANTS PER LOCATION!

QUALIFICATIONS:

- Youth ages 7+ and older.
- One adult must participate
- Must be a member of a federally recognized tribe.
- Must complete 3 of 4 sessions to qualify for incentive.

ACTIVITIES:

- Week 1: 25 jump ropes
- Week 2: 50 jump ropes
- Week 3: 75 jump ropes
- Week 4: 100 jump ropes

D3 MULTIPURPOSE BLDG GYM

Sept. 5, 2023
Sept. 12, 2023
Sept. 19, 2023
Sept. 26, 2023

TIME: 5:45pm-6:45pm



D6 LEARNING CENTER

Sept. 1, 2023
Sept. 8, 2023
Sept. 22, 2023
Sept. 29, 2023

TIME: 5:45pm-6:45pm



For more information contact Health Educator Tiffany Boni at (520) 562-2026.