

Note to Instructors: You may want to have students design their own Field Day invitations. VIPs may be more likely to attend if invited by children! Incorporate the information below into students' invitations, or as a separate attachment. In the space provided between paragraphs five and six you may want to include specifics about the Field Day theme or about certain activities you have planned as well as information about how the recipient can respond to your invitation.



Dear _____

As you may know, childhood overweight and obesity and related health problems are on the rise. This epidemic is compromising the long-term health and achievement of many students across the country and in our own community. Parents, educators and community leaders like you all play a unique and important role in helping our children make healthy lifestyle choices — and reversing the alarming trend in children's health.

That's why our after-school program is participating in an innovative new program from **Action for Healthy Kids** and the **National Football League** called **ReCharge!**

ReCharge! has helped our students learn about and practice healthy habits, including eating healthy, staying active and working as a team — skills they will carry into adulthood. Throughout the program, students have participated in high-energy team activities while learning to make healthy choices about eating well and staying physically active.

To culminate this exciting program and celebrate our students' successes, we invite you to join us for **ReCharge! Field Day** on _____ at _____ a.m./p.m.
at _____.

Educators, families and community members will all be at **Recharge! Field Day** as students showcase their work, participate in games and activities, sample healthy recipes and celebrate their achievements. Our students have been learning, working and playing hard — and they're ready to show you what they've accomplished!

We truly hope you will join us at **Recharge! Field Day** — a wonderful opportunity for the entire community to come together in support of children's health.

Sincerely,