

I'm a Jax Mayorthon Kid!

Name: _____

Age: _____ School: _____

Birthday: _____

Hobby: _____

Favorite sport: _____

As a Jax Mayorthon kid, I pledge to:

- Exercise at least 1 hour a day.
- Eat 5 or more fresh fruits or vegetables daily.
- Go on a TV/Computer diet and limit screen time.
- Drink more water.
- Wash my hands.
- Wear my seat belt.
- Not litter.

Signature: _____

www.JourneyToONE.com

JAX MAYORTON KIDS CLUB

The Jax Mayorthon Kids Club is open to boys and girls, ages 5-12, throughout Duval County. Members pledge to have fun by making healthier food, exercise, and safety choices every day. Good practices today can lead to a lifetime of habits that produce strong, healthy and smart adults. Start now. Become a role model for your family, friends, school, and community.



*Go the distance.
Become a Jax Mayorthon Kid!*



117 W. Duval St.
Jacksonville, FL 32202
(904) 630-CITY
www.JourneyToONE.com

JAX MAYORTON KIDS CLUB



JOURNEY TO

one CITY. one JACKSONVILLE.



THIRTY DAYS OF HEALTHY WAYS

Enjoy 5 cups
of fruit

Run in place for
3 minutes

Top your cereal
with bananas

Walk your dog

Go on a family
bike ride

Throw a
baseball with
your Dad

Plant a
vegetable
garden

Have a jumping
jacks contest

Dance to your
favorite song

Avoid sugary
drinks

Hike with your
best friend

Enjoy an ants
log snack*

Drink lowfat
milk with your
dinner

Watch only
2 hours of TV

Go fly a kite

Eat frozen
grapes as a
snack

Rake your
neighbor's yard

Enjoy/learn how
to swim

Practice yoga
for 30 minutes

Eat 5 cups of
vegetables

Read a nutrition
label with Mom

Play at your
neighborhood
park

Wash the car

Go to bed
30 minutes
earlier

Play with
water balloons

Do 10 push-ups
and 10 sit-ups

Host a Hula
Hoop contest

Pick-up trash
in your
neighborhood

Walk 4 blocks
with your
parents

Return your Jax
Mayorthon Kid
Pledge

*Ants logs: Spread peanut butter on a celery stick. Top with raisins. Yum!

Can we
add your
address to our
list?

How do you stay active?

Mayor Lenny Curry
City of Jacksonville
Jax Mayorthon Kids Club
117 W. Duval St., Suite 400
Jacksonville, FL 32202

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