



Dear Parent/Guardian,

Your son or daughter will be participating in a physical activity and nutrition program called N-Lighten Kids. This is the third year for N-Lighten Kids and we want the youth of our community to join in the quest for healthy living. N-Lighten Kids is a program conducted by the Nebraska Sports Council in conjunction with the University of Nebraska Cooperative Extension and the Nebraska Health and Human Services System. This program encourages teams of young Nebraskans to accumulate points in the form of physical activity and engage in friendly competition against their peers.

In this program, we will explore a wide variety of topics related to health and physical activity. Team members will track their points on a wall chart provided by the program. Each team's monthly points will be reported to the N-Lighten Kids web site. Those teams that average at least 100 points per team member during the three months and report their final point total will be placed in a drawing to win one of several monetary awards (With over \$5,000 in prize money available).

Team members will be encouraged to perform only at their own activity level. Our goal is to help each participant strive for, and recognize gains in his or her fitness level. If you have any questions or would like to have further information about this program, please contact me by phone or e-mail.

For more information about N-Lighten Kids and to view the current 'leaderboard' status, visit www.n-lightenkids.com. Also, find out how you can compete alongside your children by entering the adult N-Lighten Nebraska Program!

Sincerely,