



Dear Parent/Guardian,

Your child's classroom is participating in the SUBWAY RANDOM ACTS OF FITNESS FOR KIDS™ program. It's part of a nationwide effort to promote fitness and healthy eating for children in ways that are fun and memorable.

SUBWAY RANDOM ACTS OF FITNESS FOR KIDS™ is about making small changes that can add up to big results. Working with their teacher, kids will learn how to EAT fit, THINK fit, and BE fit, all while having fun and taking positive steps toward an overall healthier future.

To help with fun fitness and nutrition lessons, kids can use pedometers—small devices used to count the number of steps one takes during a specific activity or an entire day. Teachers and students alike are having lots of fun with them at school. Ask your child to show you how it's done. You and other family members might get hooked yourselves!

EVERY DAY FIT! is our theme this year, and we're encouraging kids to get outside and walk, jump, and have fun for a healthier, more active lifestyle. We want to show them that fitness does not have to be a chore; fitness can be FUN!

You can get more information on the classroom program at RandomActsofFitness.com, along with ideas you can use at home to help your family make healthy choices for a more active lifestyle.

Best regards,
The SUBWAY RANDOM ACTS OF FITNESS FOR KIDS™ Team

