

PROFESSIONAL ATHLETES AGAINST CHILDHOOD OBESITY  
PA2CO

The Pledge to Run and Be Active Program with David Mims and NFL Play 60 (The NFL movement for an active generation) is ready for another successful year at White Oak! The fun run will take place in White Oak here on April 20!!!

This is a monitored 8-week program. Third, fourth, & fifth grade students will have their height, weight and body mass index measured. All information from this testing will be recorded. Students in these grades will do a specific workout that is designed to help complete a one mile jog and students in grades in grades K-2 complete a 1/2 mile. No students will be pushed beyond his or her limit. Students will be allowed to walk or rest as needed!

The program cost is \$10/child. Students will receive a t-shirt and dog tag necklace.  
**THIS WILL TAKE PLACE DURING YOUR CHILD'S PE TIME.**

\$10 Cash or checks made out to "PA2CO" OR PROFESSIONAL ATHLETES AGAINST CHILDHOOD OBESITY

*\*SHIRTS WILL HAVE WHITE OAK ON THEM & WILL BE ORDERED ALL @ ONE TIME!*

STUDENT NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

STUDENT PHONE NUMBER: \_\_\_\_\_

SCHOOL NAME: \_\_\_\_\_

HOMEROOM: \_\_\_\_\_

SHIRT SIZE:      \_\_\_\_\_ YOUTH SMALL      \_\_\_\_\_ ADULT SMALL

                         \_\_\_\_\_ YOUTH MEDIUM      \_\_\_\_\_ ADULT MEDIUM

                         \_\_\_\_\_ YOUTH LARGE      \_\_\_\_\_ ADULT LARGE

   \_\_\_\_\_ ADULT X-LARGE

   \_\_\_\_\_ ADULT 2X-LARGE



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

**THANK YOU FOR YOUR SUPPORT!!!! FOR INFORMATION OR QUESTIONS YOU CAN CONTACT COACH UNDERWOOD 903-291-2106**

**\*\*PLEASE REMIND YOUR CHILD TO WEAR ATHLETIC SHOES TO PHYSICAL EDUCATION & HEALTHY BODIES.**