

GRAHAM RECREATION AND PARKS



# DON'T SIT GET FIT!

A Youth Athletic Parents Challenge



**You could win one of 5 free Athletic Registrations for a future sport!**

Walk, Jog or Run while your child is at practice  
August 6 - September 1

Track where, when and how many laps you exercise.

VISIT [GRAHAMRECREATIONANDPARKS.COM](http://GRAHAMRECREATIONANDPARKS.COM) TO GAIN  
MORE INFORMATION ABOUT THIS FREE PROGRAM