



#Add25
CHALLENGE!



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Commit to Being Fit with the Poe Center & Miss NC!

In honor of National Nutrition Month, the Poe Center & Miss NC 2015 are challenging NC schools and organizations along with their families to **#Add25** to improve fitness and nutrition.

March 1-25, 2016:

1 ADD

#Add25 healthy habits to your family's routine to improve your fitness & nutrition.

+25 ^{MINS} of running
Strong Bones!

2 POST

Post a statement, photo or video of your fitness or nutrition challenge.

Include:

- The name of your child's school or organization,
- **#Add25**, and
- the Poe Center's name

+25 ^{CUPS} of fruit



3 WIN

The group with the most posts wins the Poe Center's fun fitness & nutrition assembly hosted by the Poe Center & Miss NC!

+25 ^{CUPS} of water
Radiant Skin!

More Energy!

@Poe_Center

Poe Center for Health Education

@PoeCenter

www.poehealth.org/add25

This publication was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods a better diet. To find out more, call 1-800-221-5689. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis or race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Right, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer. The Poe Center is an equal opportunity provider and employer.

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