



HEALTH & FITNESS EXPO

MAY 18, 2019

9am-Noon :::: Free Admission

Edmonds School District Stadium 7600 212th St SW

Health & Wellness Booths

FREE! Health Screenings

Dental Screening Height-Weight
Blood Pressure Vision

Move 60! Family Fun Run

Sign up the whole family! Run, walk or jog 1 mile course. Ribbon to all youth finishers. Free t-shirt for first 225 youth participants. *Registration form required.*
10:00am Registration | 10:30am Start

Track Meet & Field Events

Open to everyone!

9-10:30am...Javelin, long jump, shot put
10:00am.....Register for Move 60 Fun Run
10:30am.....Move 60 Fun Run
10:45-11:30am..100m dash, 100m hurdles, 400m dash, relay

9:00am.....Expo Starts
9-10:30am...Field Events

Family Fitness Stage

9:30am.....Pink Zebra Cheer
10:00am....REFIT

10:00am....Registration opens
for Move 60 Fun Run

10:30am....Move 60 Fun Run

10:45am....Taekwon-Do
11:15am....REFIT

10:45-11:30am...Track Events



Family Gardening...Bike Rodeo...Bike Blender
Obstacle Course...Basketball



HFExpo.edmondswa.gov



HEALTH COMMISSION





Move 60 Consent Form 2018-2019

Event: Health & Fitness Expo Kid's Fun Run **Date:** Saturday, May 18, 2019 **Location:** Edmonds Stadium

Description of Event: The annual Health & Fitness Expo at the Edmonds Stadium will offer a free fun run for all students. The fun run is 1 mile on the EWHS school campus/track. All finishers will receive a free t-shirt and a ribbon. All students are encouraged to participate for FUN!

Please complete the following information and bring the registration form to the event.

Student Name: _____ Grade: _____ School: _____

Parent/Guardian Name: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Medical Release:

The following current health problems should be noted and adequate precautions taken (please list conditions such as unusually severe reaction to bee stings, other severe allergies, diabetes, seizures, etc.):

In the event of an accident or illness, I understand that reasonable effort will be made to contact the parent/guardian immediately. However, if not available, I authorize the district to secure emergency medical care (at the parents' expense) as needed.

Parent/Guardian Signature: _____ **Date:** _____

Parent/Guardian Certification

For the purpose of this event, I understand that the school district will make reasonable effort to provide a safe environment. I am fully aware of the special dangers and risks inherent in participating in the activity, including physical injury and/or death.

Parent/Guardian Signature: _____ **Date:** _____

Are you willing to allow pictures and/or videos taken of your student for the Move 60! Program for publicity purposes?

Yes: _____

No: _____

Student accident insurance is available (at the parents' expense) through Myers-Stevens & Toohey & Co., Inc. It is recommended that all students have medical or student accident insurance. Contact the school office for details.