

# SIGN YOUR STUDENT UP TO PARTICIPATE IN THE MONUMENTAL KIDS MOVEMENT

The Apex Benefits Monumental Kids Movement is a 6-week or more curriculum-based youth running program that focuses on educating Indianapolis youth about the benefits of exercise, proper diet, and healthy living. At the end of the program, qualifying students have the opportunity to participate in a culminating 5K.

## ABOUT THE PROGRAM

Indiana ranks poorly when it comes to physical fitness. To help combat childhood obesity and encourage healthy, active lifestyles, Beyond Monumental has created and partnered with Apex Benefits to provide the Apex Benefits Monumental Kids Movement to benefit students in Central Indiana. Since it started in 2012, the program has expanded to reach more than 15,000 participants in 61 schools and continues to grow.



Photo credit: Jake Rytlewski

## WHY YOUR STUDENT SHOULD PARTICIPATE

Your student's school has chosen to offer this program, and we hope you will consider allowing your student to participate. Below are some of the program's key features and benefits to students:

- » Get active and learn about nutrition
- » No cost to participate
- » Students with at least 75% participation earn a 5K race entry
- » Offers memorable experiences that will benefit them in many ways

## JOIN THE MOVEMENT

If you'd like your student to participate in the Apex Benefits Monumental Kids Movement, please sign and return the attached pledge.

Questions may be directed to your school's designated Motivator.

# MONUMENTAL KIDS MOVEMENT STUDENT AND PARENT PLEDGE

*Please review, sign and return.*

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

The Apex Benefits Monumental Kids Movement is a 6-week plus youth running program that culminates with students running in a 5K. The twice-per-week program focuses on educating Indianapolis youth about the benefits of exercise, proper diet and healthy living. We look forward to having your student participate!

## STUDENT PLEDGE

- » I will give my best effort and show good sportsmanship throughout the program.
- » I will treat all students, teachers, and parents with respect.
- » I will work hard and remember that I am here to learn and have fun.
- » I will attend at least 75% of the training sessions.
- » I will participate in the 5K at the end of the program.

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**Student Signature**

**Date**

## PARENT/GUARDIAN PLEDGE

- » I will encourage good sportsmanship by demonstrating positive support for all students, teachers, and parents throughout the program.
- » I will ask my student to treat other students, teachers and parents with respect.
- » I will remember that my student is here to learn and have fun.
- » I will make sure my student has 75% attendance at training sessions.
- » I will make sure my student attends the 5K at the end of the program.

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**Parent/Guardian Signature**

**Date**