

Get Fit with the 61 Club Good Health Challenge



Complete Rick Nash's Challenge and receive a Blue Jackets prize and a chance to win a pair of tickets to sit in the 61 Club at a Blue Jackets game!

(Tickets available while supplies last)

GRAND PRIZE:
Rick visits your school in early 2012!

Hello, Blue Jackets friends. This is #61, Rick Nash here. I want YOU to take my 61 Club Good Health Challenge



The new season has started and I have high hopes and expectations for our team this year.

Over the summer, I turned 27 and I'm feeling better on the ice than I ever have before. I have to give the Blue Jackets training staff a lot of credit for that. They really keep me focused year-round.

But another reason I feel so good is because I'm continuing the healthy habits I began as a kid.

Growing up in Ontario, Canada, I was always doing something sports-related. Whether I was skating, running or playing sports with my friends, I tried to be active all the time.

I did my best to eat healthy, too.

I bring this up because I feel it's important for every one of you to plot your own course for a lifetime of health and positive habits. And it can all begin today.

The time has come to once again kick off my 61 Club Good Health Challenge. Some of you may have participated in my Challenge in years past, and to you I say, once again: great job. I hope you've continued to make a couple of small healthy decisions a day.

But if this is your first time hearing about or considering taking my Challenge, here's what it's all about. It's simple.

Over the course of 31 days, you'll make two healthy choices a day that you normally wouldn't make.

For instance, if the lunch you take to school normally contains cookies, how about substituting almonds, or even a granola bar?

What's your routine after you get home from school? Do you watch television or play video games? If so, how about going on a run or a brisk walk, even if it's just around the block?

Exercise is a great stress-breaker and you may even find yourself focusing better when you sit down to complete the homework you were assigned that day.

So that's two, easily made healthy choices in one day. Do that every day for 31 days and you'll have a total of 62 (but since 61's my favorite number, you can go ahead and skip one choice on a day you're not feeling up to it.)

When you've completed my Challenge, send us your completed chart at the address you see on this page.

You will receive a prize and a chance to win a pair of tickets to sit in the 61 Club at a Blue Jackets game this season — and you may even win a visit from me to your school.

Until next time, good luck!

Name _____ Phone _____

Address _____ City/State/Zip _____

School/Grade (must be K-8) _____ Parents' e-mail address _____

I would like to receive Blue Jackets email updates

Join the Challenge - How it Works

1. Cut out and/or download the chart (at www.dispatchnie.com)
2. Make 61 healthy choices (up to 2 per day) and record them on the chart
3. Submit your completed chart to the Blue Jackets (address below) by Jan. 23, 2012
4. Winners of the 61 Club classroom visit will be notified in January 2012

			Day 1 <i>Took a walk Ate breakfast</i>	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	

MAIL YOUR COMPLETED FORM TO:
61 Club
Good Health Challenge,
Columbus Blue Jackets,
200 W. Nationwide Blvd.,
Columbus, OH 43215

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