

# Enrollment Form

Name: \_\_\_\_\_  
Last First

Address: \_\_\_\_\_  
 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## Childcare Fundraiser Option:

I would like my participation points to go to the following childcare program:

Childcare Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Program Contact Name: \_\_\_\_\_  
 \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Return to:

Sanford Children's C.H.I.L.D. Services  
 Growing Healthy Program  
 1115 W. 41st St.  
 Sioux Falls, SD 57105

## Earning Points for Prizes

**\*\*Participate in any of the following activities:**

| Program/Event Service   | Points                        |
|---|-------------------------------|
| Growing Healthy Classes   | 3 Points/Class                |
| Family Fun Night  | 2 Points/Family Member/Event  |
| Family Activity Log<br>(20 points annual maximum)   | 1 Point/Log                   |
| Child Activity Log<br>(20 points annual maximum)  | 1 Point/Log                   |
| Library Check Out -<br>Growing Healthy Books at the<br>Mutch Women's Health Library<br>(30 points annual maximum) | 2 Points/<br>Check Out Visit  |
| Website Monthly Challenge<br><a href="http://www.healthysiouxfalls.org/">http://www.healthysiouxfalls.org/</a>    | 4 Points/<br>Challenge/Family |

\*\*Check out the Growing Healthy Website for continual additional opportunities to earn points:

<http://www.healthysiouxfalls.org/>

## Turning Points into Prizes\*

The following table represents examples of prizes you can earn. A current prize listing will be included in your enrollment packet.

| Incentive Prize       | Points Needed |
|-----------------------|---------------|
| Splash Ball           | 5             |
| Light Up Skip Ball    | 10            |
| Chinese Jump Rope     | 10            |
| Catch N Stick         | 10            |
| Skip N Go             | 15            |
| Catch Ball            | 15            |
| Sling Shot Splash     | 15            |
| Foam Bat and Baseball | 20            |
| Putter Set            | 20            |
| Fat Bat               | 25            |
| Hoppity Ball          | 25            |
| Ring Toss             | 30            |
| Bowling Set           | 30            |
| Tee Ball Set          | 40            |
| Hockey Set            | 50            |
| Pop Up Soccer Goal    | 55            |
| Archery Set           | 60            |
| Foam Play Croquet     | 65            |
| Bounce Around         | 70            |

\* Items are dependent upon manufacturer's availability\*

Prize substitutions of equal value may be offered at the time of redemption.

\* Contact Sanford Children's C.H.I.L.D. Services at (605) 333-0698 for a detailed prize list and an order form to redeem your prizes.

# Sioux Falls

# Growing Healthy Incentive Program

## for Families



# What is the Growing Healthy Incentive Program for Families?

## A FREE program to “Learn – Earn –Win”

The **Growing Healthy Incentive Program for Families** is a community sponsored program that offers families opportunities to participate in healthy lifestyle programs that will encourage a healthy lifestyle for children. There is no cost to enroll or participate in this program.

Through this program, you will earn points for participating in programs, events and activities that can be redeemed for Growing Healthy Prizes. These Growing Healthy programs, events, and activities will be offered by Growing Healthy Program partners throughout the community for easy access.

You choose your Growing Healthy prize once you have reached the qualifying point level.

---

## Earn points to Receive Prizes It's as easy as 1-2-3

- 1. Enroll** - Complete and return the attached enrollment form.
- 2. Receive** your enrollment packet filled with Growing Healthy program information, your point tracking log and your Growing Healthy Family Program Incentive membership card.
- 3. Participate** - Participate in incentive programs, events and services to earn points.

### Win...

Redeem your points for incentive prizes

### Or

Donate your points to your childcare program to help them earn their incentive prizes quicker!

## Point Qualifying Incentive Program, Events and Activities

### Growing Healthy Educational Classes for Parents

The following classes are offered throughout the community

- Healthy Kids = Healthy Adults
- Learning and Movement Go Together
- Turn Off the Screen
- Healthy Food Choices Matter
- Any educational class **Where You See**



### Growing Healthy Activity Events

- Growing Healthy Family Fun Nights
- Any Activity **Where You See**



### Other Activities

- Activity Logs – In your enrollment package you will receive child and family activity logs – completing these will earn you points.
- Check out Books – A Growing Healthy book selection is available at the Mutch Women's Health Library at MB1, Suite 204 on the Sioux Valley Hospital campus. A listing is included in your enrollment package. Check out books to learn about healthy fun and receive points.
- Website Challenge – Check the Growing Healthy website for the challenge of the month. Complete this challenge and redeem for points to win prizes.

## Question Why Join?

### Answer: Your Family's Health

Taking time to promote healthy lifestyles to children has never been so important. Today's children are predicted to be the first generation in history that will not live as long as their parents (CDC). What we eat and how we physically move on a daily basis are putting our children at risk for health issues later in life. These risks include health issues such as diabetes, heart disease and high blood pressure. If we teach our children how to live a healthy lifestyle now, we have given them the gift of knowing how to live a healthier lifestyle in the future.

This program provides services that can assist you in teaching your child how to live a healthy lifestyle. And have fun earning points for prizes along the way.

**A healthier lifestyle and fun...  
A winning combination!**

## Incentive Program Partners – Where to Earn Points

Growing Healthy events are held throughout our community. Check with these partners for events and services that qualify for Growing Healthy Incentive program points:

- Your local community center
- Your church
- Your child care program
- Your school
- Your health provider

As a program member you will receive mailings to update you on where events and programs are being held.

You can also check on the Growing Healthy Website:

<http://www.healthsiouxfalls.org/>  
for current events and classes.

## Tracking of Your Points to Win Prizes

1. Earning Your Points – Crediting Your Account
  - a. Participating Growing Healthy Program Partners will have “Participation Logs” for you to sign when attending programs and events. Partners turn these logs into the Growing Healthy office. You will be credited your points for your participation.
  - b. When you complete your activity logs, monthly challenge and other qualifying activities, you will be given points upon receipt at the Growing Healthy office.
2. Points will be credited to your account or your childcare program's account (if you choose to donate your points to your childcare facility).
3. You can personally track your points on your personal point tracking log or you can call to check the status of your accrued points – (605) 333-0698.

## This program is sponsored by:

