

2009
National Junior Grange Program
No child Left Inside

Purpose: We would like to encourage our Juniors to appreciate and enjoy being outside. Children that participate in outside activities are statistically less likely to develop health problems later in life. So this year we are encouraging our Juniors to get outside and become active young people. Let's move them away from TV and video games and give them the opportunity to become healthy adults.

Junior Grange Activity

- January-September 2009.
- Go for a walk with your Junior Grange.
- Visit a local park in your area.
- Play two different outside games.
- Goal: to appreciate the great outdoors.
- Awards: Juniors that complete the project will receive a certificate and a special gift.

Camp Activity

- During each day of camp go outside for at least 30 minutes.
- Go for a 30 minute walk with everyone at the camp.

Please note: As with any exercise, please check with your physician before starting a vigorous exercise program.

No Child Left Inside Participation Project Completion Form

Grange Name and Number _____

Camp Name and Location _____

Note: If you are doing this as a camp program, make sure you talk to your Junior Leader in order not to overlap this program in their Junior Grange. Also, I will mail certificates and get them to you in advance of the camp if you send me a list of those that are participating.

List of Juniors that participated

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Leader Name _____

Address _____

E-mail _____ Phone # _____

