

**Sonja Birr**

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**From:** Karen Dorow  
**Sent:** Monday, June 03, 2019 1:55 PM  
**To:** Dan Koski; Sonja Birr  
**Subject:** FW: Community Coalition Seeking Donation  
**Attachments:** Strive for 25 Overview.pdf; Strive for 25 Tracker.pdf

Here is the request from Strive for 25

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**From:** Lexi Otis [<mailto:lexiotis@co.manitowoc.wi.us>]  
**Sent:** Monday, June 03, 2019 1:53 PM  
**To:** Karen Dorow  
**Subject:** Community Coalition Seeking Donation

Hi Karen,

I was given your contact from Penny at the Rec Department. I am one of the co-chairs for the Physical Activity and Nutrition coalition through Healthiest Manitowoc County (HMC). We are putting on a summer program aimed at kids to get them active, committing good deeds, and choosing to eat fruits and vegetables. I have attached our flyer and activity tracker for you to look at for more information on the program.

Our coalition is reaching out to local businesses to see if we can get donations for prizes for the kids who complete the program. We are aiming to stay away from food based prizes and are really trying to get kids to continue to be active which makes the pool and/or mini golf attractive to us. We would be willing to accept swag with or without your logo on it, passes to the pool and/or mini golf, discount vouchers, or a monetary donation that we could purchase prizes on our own with. We currently have Frisbees, day passes to the YMCA, kid cook books, water bottles, and LED Glow bouncy balls.

After our initial launch of the information we had multiple organizations want to include Strive for 25 as part of their summer programs. Currently we are anticipating 250 kids to participate and about 25 adults. We have been accepting donations in whatever quantity we can get.

If you have any questions about the program or coalition please give me a call and I will try to answer them.

I hope to hear from you soon,

Lexi Otis, CHES

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# Strive for



25 MILES

25 GOOD DEEDS

25 FRUITS & VEGETABLES

## OVERVIEW

Strive for 25 is a summer initiative geared towards getting kids active, thinking about making a positive impact in their communities, and getting kids to be adventurous with foods. Thanks to the supportive organizations in our community, kids can earn amazing prizes including, day passes and discounts for many of Manitowoc Counties amazing businesses, kids cook books, toys, water bottles, and more! Here's how it works.

### Strive for 25 Miles

For every 25 miles (up to 75) kids can earn a prize! Keep track of how many miles of physical activity your kiddos did each day by crossing off one mile at a time on our tracker. The goal is to be active and have fun, so mileage doesn't need to be precise! Here are some estimates that may be helpful: 15 city blocks= mile, 1 kids soccer game= 1.5 miles, 3000 steps= 1 mile.

### Strive for 25 Good Deeds

It is never too early to start thinking about servicing your community. So what constitutes as a good deed? A good deed is simple, a good deed is something which helps another person, animal, or society as a whole. Some examples: clean up trash at the beach, give your neighbor a flower, open the door for someone, help someone carry something, or volunteer somewhere!

### Strive for 25 Different Types of Fruits & Vegetables

Try to find as many fruits and veggies as you can! We encourage everyone to be adventurous and hopefully discover a new favorite food! The local farmer's market is a great place to start!

## HOW TO RECEIVE PRIZES

Bring the tracker to any of the locations below from 9am-Noon and receive a prize. Don't have everything done? That's okay! Earn as you go and come back to the next pickup date to get the rest of your prizes.

Saturday, July 13<sup>th</sup>- YMCA

Saturday, July 27<sup>th</sup>- Farmer's Market

Saturday, August 10<sup>th</sup>- YMCA

Saturday, August 24<sup>th</sup>- Farmers Market

Trackers can be picked up at the Health Department or download and print your own at <http://healthiestmc.org/strive-for-25-summer-program/>

## CONTACT

For questions contact Lexi Otis, [lexiotis@co.manitowoc.wi.us](mailto:lexiotis@co.manitowoc.wi.us) 920-683-4744 or visit our website [healthiestmc.org/strive-for-25-summer-program/](http://healthiestmc.org/strive-for-25-summer-program/)



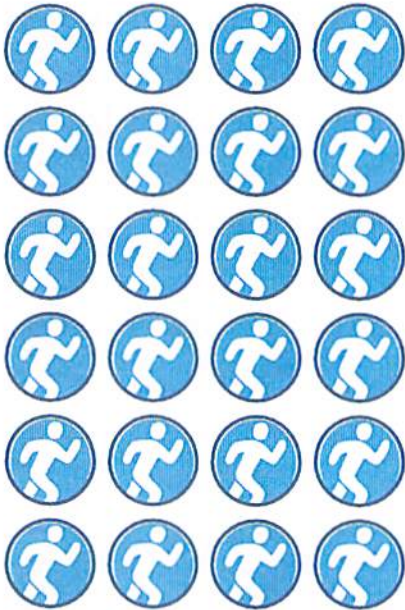
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25 MILES

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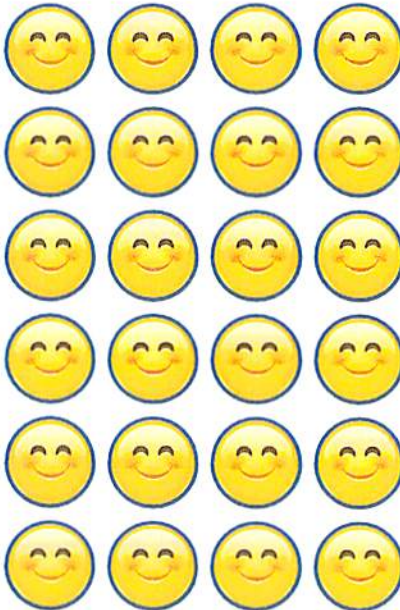


25 MILES

Keep track of every mile you walk or run. Cross off one for every mile you earn.

You do not need to do an entire mile at once, keep track of your distance until you reach a full mile to cross off a circle.

You've got this!



25 GOOD DEEDS

What constitutes a good deed? A good deed is simple, a good deed is something which helps another person (or animal) or society as a whole.



25 FRUITS & VEGETABLES

Try to find as many as you can!  
If you have made it to at least 15 and want to repeat, that is OK!

Bring your completed tracker to any of these locations from 9am-Noon to claim your prize:

Saturday, July 13th- YMCA  
Saturday, July 27th- Farmers Market

Saturday, August 10th- YMCA  
Saturday, August 24th- Farmers Market

KEEP GOING!

