

# Be the Spark



# KAY PROMOTING HEALTHY LIFESTYLE



Partnering with Blue Cross and Blue Shield of Kansas, KAY Clubs have been given a tremendous opportunity to raise awareness among their peers regarding the importance of being physically active. The Be The Spark challenge will provide grant dollars to assist clubs as they work to improve the quality of life in Kansas for future generations.

**CHALLENGE YOUR PEERS TO GET ACTIVE THROUGH EACH OF THE FOLLOWING 6 CHALLENGES. BE SURE TO TAKE PICTURES/VIDEOS AND SHARE USING #BETHESPAK.**

## LEADERSHIP CHALLENGE:



1. Inspire your club to help you complete these challenges.
2. Take a group photo.

## HEALTH CHALLENGE:



1. Get moving! Increase your heart rate.
2. Take a video.

## CHARACTER CHALLENGE:



1. Walk your feet and clean the street.
2. Take a video.

## SERVICE CHALLENGE:



1. Find a physically active way to volunteer.
2. Take a photo.

## APPRECIATION CHALLENGE:



1. Take a moment to show your gratitude to someone you know.
2. Take a photo.

## RECREATION CHALLENGE:



1. Get the club together to throw a frisbee.
2. Take a video.

# #BeTheSpark

SEE YOUR ACTION GUIDE FOR MORE INFORMATION.