



**San Mateo On the Move
Plays Healthy Lifestyle
YMCA-O**



**Mills-Peninsula
Health Services**
A Sutter Health Affiliate
With You. For Life.

Perform the healthy lifestyle activity in each box, checking off each as it is completed. Try one a day by yourself or, even better, together as a family. A random drawing of completed cards (all activities completed, all spaces checked!) received in time will be held at the San Mateo On the Move closing event at the Senior Center on Saturday 9/27/08. Over \$3,000 worth of "healthy lifestyle" prizes will be awarded! You do not need to be present to win, but being present gives you priority choice. Maximum one prize per person. See back for prizes, donors, and links to websites for more details on prize rules.

	Y	M	C	A	O
Y	Enjoy 3 meals together as a family	Spend 30 minutes in any city park	Check out the goods at a local farmers market	Commit to a healthy new habit	Say no to dessert 3 straight nights
M	Do some fun <i>new</i> physical activity with a friend	Snack on fresh fruit 3 days in a row	Walk, run or skate around the block 3 times	Have a soda-free week	Take a hike and look for wildlife
C	Do some morning stretches – arms, legs, neck, and back	Skip TV for 3 full days – read or play instead	Eat bunny lunches – 3 days of veggies and salads	Walk, run, or bike there instead of driving	Find an ad with a star or athlete selling junk food
A	Switch to a low or fat free product	Fuel your body with a healthy breakfast	Fetch a pet or pal and go play outdoors	Enjoy a meatless day	Climb 10 flights of stairs or a steep hill
O	Visit a library to read about exercise and nutrition	Raid your pantry – get rid of something unhealthy	Grab a ball or frisbee and play catch for 15 min.	Do something nice and unexpected for someone	Play in the water on a hot summer day

YMCA Values: Caring Honesty Respect Responsibility

Name (print) _____ Signature _____

Contact information for prizes: Phone _____ Email _____

If under 18, parent name (print) _____ Signature _____

Drop completed card off at participating merchants (check websites for list), at the Peninsula Family YMCA, or mail completed card (all spaces checked!) to arrive no later than 9/26/08 to Peninsula Family YMCA, 1877 S. Grant Street, San Mateo, CA 94402.

Peninsula Family YMCA – Pioneering Healthy Communities

"San Mateo On the Move" Healthy Lifestyle YMCA-O

We thank our prize donors for their support in helping you and our entire community be more active and healthier. Please seek them out for your healthy lifestyle needs.

Recreation/Sports/Fitness

Peninsula Family YMCA – six month Family Membership – \$725.00 value

1877 S. Grant Street, San Mateo 286-9622

Bay Badminton Center - ten trip court and rental pass (3 separate prizes, \$130.00 value each)

1611 Adrian Road, Burlingame 692-1611

Burlingame Golf Center – driving range cards (2 separate prizes, \$100.00 value each)

250 Anza Blvd., Burlingame 548-2447

Tat Wong Kung Fu Academy – one month kung fu & self-defense lessons plus uniform - \$200.00 value

53 43rd Avenue, San Mateo 341-9292

Kuk Sool Won – one month martial arts lessons plus uniform - \$175.00 value

31 W. 25th Avenue, San Mateo 570-5991

Core Board Shop – complete skateboard – up to \$150.00 value

1125 Industrial Road, San Carlos 596-5758

Peninsula Gymnastics – two months of gymnastics classes - \$130.00 value

1740 Leslie Street, San Mateo 571-7555

Mariners Point Golf – rounds of golf for foursome (2 separate prizes, \$64.00 value each)

2401 E. 3rd Avenue, Foster City 573-7888

Zalles Racquet Sports – tennis racquet – up to \$120.00 value

969-C Edgewater Blvd., Foster City 345-9727

Belmont Iceland – ice skating lessons - eight week program - \$80.00 value

815 Old County Road, Belmont 592-0532

Planet Granite – two all inclusive beginners belay lessons - \$68.00 value

100 El Camino Real, Belmont 591-3030

Kickers Soccer Shop – soccer ball plus \$50.00 gift certificate

578 El Camino Real, Belmont 593-4924

California Sports and Cyclery - \$50.00 gift certificate

1464 El Camino Real, Belmont 593-8806

Malibu Fun Castle – six rounds of mini-golf – approx \$50.00 value

320 Blomquist Street, Redwood City 367-1906

Nutrition/Other

Shaping Youth - Green Zebra Sustainable Living Savings Books (12 separate 2008/9 pairs, \$50.00 value/pair)

www.ShapingYouth.org • San Mateo 349-9311

Lite for Life – six week program of personal weight loss counseling - \$365.00 value

927 Hillsdale Blvd., Foster City 572-9000

Piazza's Fine Foods – \$100.00 healthy foods shopping spree with a YMCA registered dietitian

1218 W. Hillsdale Blvd., San Mateo 341-9496

Whole Foods Market - \$50.00 gift card for cooking classes plus Whole Foods Market Cookbook - \$76.00/value

1010 Park Place, San Mateo 358-6900

Health by Heidi - \$75.00 gift certificate for health foods and supplements

1212 W. Hillsdale Blvd., Suite #G, San Mateo 572-7100

Fresh Choice - \$50.00 gift card

1952 S. El Camino Real, San Mateo 341-8498

Edible Arrangements - \$50.00 gift certificate for fresh fruit arrangement

390 El Camino Real, Belmont 593-3600

Max Muscle Sports Nutrition - \$50.00 gift certificate

115 E. 4th Avenue, San Mateo 344-6299

And special thanks to **Printing Innovations**, 901 Sneath Lane, San Bruno 583-3880, for their support.
For game and prize rules see either www.ymcasf.org/Peninsula or www.mills-peninsula.org/onthemove/