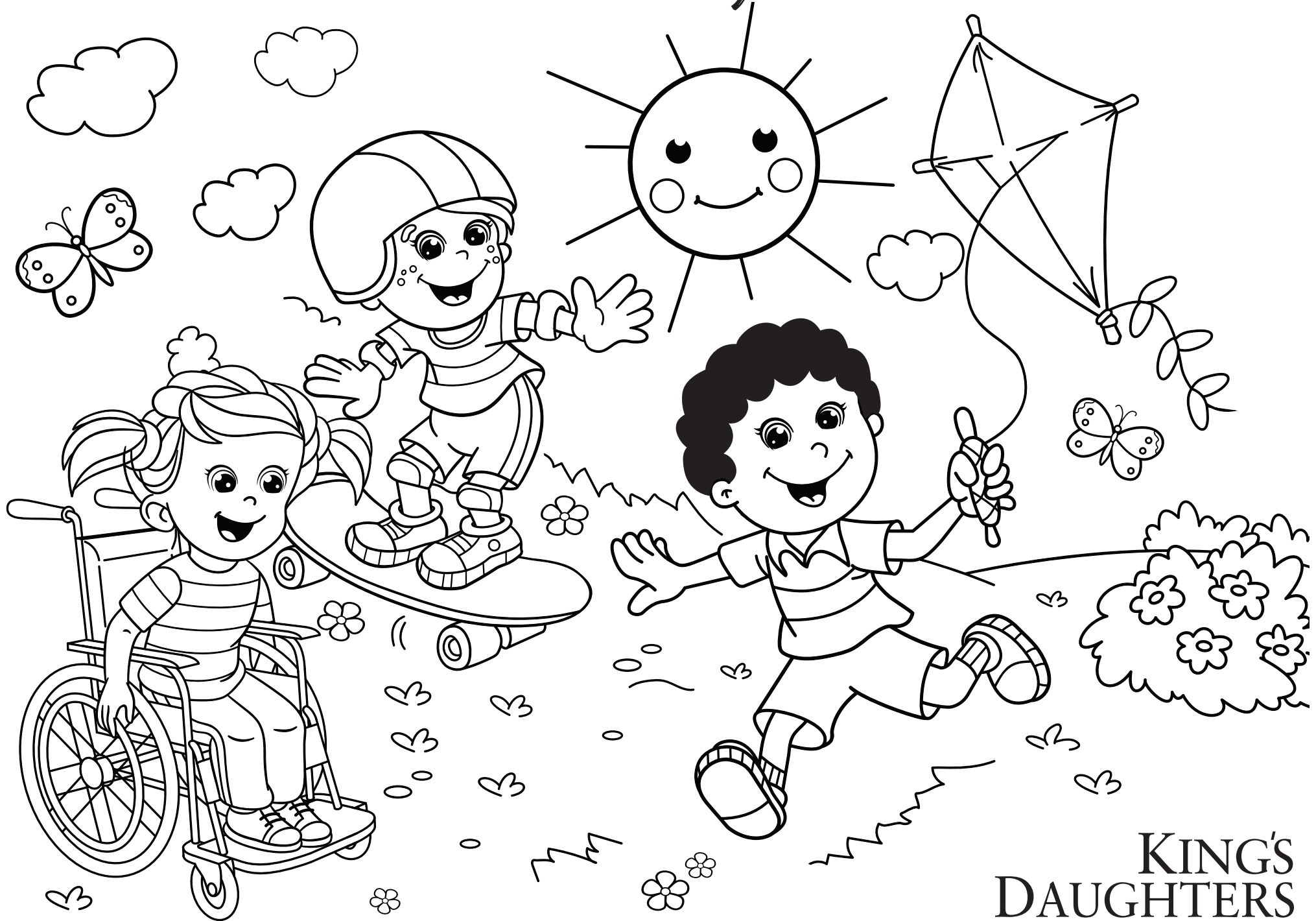


Color the Kids ACTIVE and you could win a BIKE!



KING'S
DAUGHTERS

EXERCISE IS FUN!

Exercising is more fun when you do it with friends. Playing sports is a good way to exercise and have fun at the same time. Your body needs at least 60 minutes of exercise every day. Which activities are good ways to get exercise?

- **Playing soccer, baseball or softball**
- **Jumping rope**
- **Riding a bike**
- **All of the above**

There are many ways to exercise. Sports and games are exercise too! Eating veggies, fruits, whole grains, and healthy proteins like fish and chicken will help you get stronger and give you energy for play and fun! Your growing body needs exercise, a healthy diet, and sleep.



Entry Form

(Pre-school - 6th grade students only)

Child's name: _____

Grade: _____ Age: _____

Parent/guardian: _____

Address: _____

City: _____ Zip: _____

Daytime phone #: _____

Email address: _____

Mail your completed form to: **King's Daughters Health Foundation,
2201 Lexington Ave., Ashland, KY 41101**

Deadline: **All entries due by Friday, April 29**

**2 bikes will be awarded
to each age group**

3-5 (pre-school - kindergarten)

6-9 (first - third grade)

9-12 (fourth - sixth grade)

Serving your children with care.

Our pediatricians provide care for patients from birth through young adulthood, overseeing physical, behavioral, and mental health issues.

Ashland Pediatrics

2301 Lexington Ave.
Suite 135, Ashland, Ky.
(606) 408-8400

Walk-ins Welcome
9 to 11 a.m. & 1 to 4 p.m. Mon. - Thurs.
9 to 11 a.m. & 1 to 2 p.m. Fri.

- Leah Chicunque, M.D. (*Se habla español*)
- Jonathan Maynard, M.D.
- Laura Wells, APRN, DNP

Pediatrics Bellefonte

1000 Ashland Drive
Suite 102, Russell, Ky.
(606) 420-0220

Walk-ins Welcome
8 to 11 a.m. & 1 to 4:30 p.m. Mon. - Thurs.
9 to 11 a.m. & 1 to 4:30 p.m. Fri.

- Brittani Dingess, D.O.
- A.K. Khanna, M.D.
- Kimberly Stapleton, APRN

Cedar Knoll Pediatrics

10650 U.S. Route 60
Ashland, Ky.
(606) 408-7337

Walk-ins Welcome
8 to 11:45 a.m. & 1 to 5:30 p.m. Mon. - Thurs.
8 a.m. to 12:45 p.m. & 2 to 5:30 p.m. Fri.

- Muhammad Idrees, M.D.
- Tammy Johnson, APRN
- Laura Wells, APRN, DNP

29th Street Pediatrics

2910 Carter Ave.
Ashland, Ky.
(606) 324-7337

- Jason Ford, M.D.
- Christina Sheppard, APRN

Pediatrics Grayson

100 Bellefonte Drive
Grayson, Ky.
(606) 474-7892

Walk-ins Welcome
1:30 to 5 p.m. Mon. - Fri.

- Brad Akers, M.D.
- Brittany Bond, APRN

Wheelersburg Pediatrics

8750 Ohio River Road
Wheelersburg, Ohio
(740) 574-9301
Fridays Only

- Leah Chicunque, M.D. (*Se habla español*)

*Walk-in hours are subject to change.
Please verify before arrival.*

*No prior or future visit necessary
to enter contest.*

**KING'S
DAUGHTERS**
KingsDaughtersHealth.com/Peds