



# The LifeStar Challenge

*January 2016*

## Check out what's NEW this year!!

### LifeStar of the Month

Arabella started with Healthy LifeStars at Horizon Crest last fall. She came to us having been diagnosed pre-diabetic. Arabella, 8 yrs old, came regularly to the HLS program and Coach Angela Kirkpatrick kept motivating her and teaching her the proper nutrition when it comes to diabetes. They figured out she should be drinking less juice & soda, eating more vegetables and most importantly being more active! Coach Angela saw her determination to get fit and gave her the Skip-It to take home, this way she could be more active with her family. With her family's support and Coach Angela behind her the next test results determined she's not pre diabetic anymore!

Arabella says that she's losing weight and feeling better, while being more active with the other kids. Understanding what better nutrition is, including drinking less juice and being more active has played a significant role in her transformation. In addition to coming to LV Horizon Crest's after school program, she has been swimming regularly. We want to give Arabella a huge hug and congratulate her overcoming the possibility of growing up with diabetes and becoming a Champion of Healthy LifeStars at the Salvation Army Las Vegas Horizon Crest!

## New Year - New Partners!



*Maricopa Unified Schools is getting healthy.... LifeStars that is.*

Five of the 6 elementary schools in the district started The LifeStar Challenge this month. Butterfield, Maricopa, Santa Rosa and Santa Cruz Elementary schools have joined Saddleback Elementary in the fight against childhood obesity. The schools, with almost 3,000 kids combined, are making the commitment to healthy changes. Keep an eye out in the coming months for site visit opportunities.

The Kaibeto Boarding School and Rice Elementary are our two newest Native American schools to join The LifeStar Challenge.

Located in NW Arizona on the Navajo Nation Reservation, Kaibeto Boarding School has 250 kids ranging from K-6<sup>th</sup>.

Rice Elementary is on the San Carlos Apache Reservation located in Eastern Arizona. It is the largest primary school on the reservation and joins Fort Thomas Elementary, who is in its 3<sup>rd</sup> year of The Challenge. This will actually be Rice's first year offering a P.E. program at the school and we are very excited to be working with them.

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## **Coach of the Month**

Mrs. Abbadessa, or as her kids call her Mrs. A, has been an extraordinary leader and role model to her kids. She

has implemented the LifeStar Challenge to all 525 students at Saddleback Elementary.

One of her creative ways of integrating the program's core teaching points into her classes include cheers while they do their group stretches. Click [HERE](#) to see one of Mrs. A's groups in action.

Thank you Mrs. A for all of your enthusiasm, dedication and hard work. The program would not be the same without you!



## Birdies For Charity

*You can help make Healthy LifeStars a big winner by making a pledge in the Birdies For Charity program at the 2016 Waste Management Phoenix Open.*

**How do I play?** Simply pledge one cent or more for every birdie made during the tournament. It's estimated that between 1,300 and 1,800 birdies will be made. Click [HERE](#) to make your pledge. Don't forget to select Healthy LifeStars as your benefitting charity.

**How much will I owe and whom do I pay?** Say you pledge 1¢ and 1,500 birdies are made, after the tournament you'll receive an invoice from Thunderbird Charities for \$15. They are collecting payments on our behalf and once the payments are collected, they will present us with a check for the total amount PLUS A 10% BONUS!! (Maximum \$12,500).

Below is a chart of pledge amounts:

**IF 1,500 BIRDIES ARE MADE**, my total pledge would be:

1¢=\$15 | 2¢=\$30 | 3¢= \$45 | 4¢= \$60 | 5¢= \$75 | 10¢ =\$150

If you have any questions about Birdies For Charity, contact Ben at [programmanager@healthylifestars.org](mailto:programmanager@healthylifestars.org) or 602-252-3454.



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