



The LifeStar Challenge



Step Up 4 KiDs Challenge – sign up today

Our inaugural Step Up 4 Kids will challenge adults and kids to get out and walk as many steps as they can for a week to have fun, be active and raise money for the youth program. The week-long challenge, from **Monday October 12th through Sunday October 18th**, will culminate with a dinner and silent auction on **Wed October 21st at the Arizona Biltmore Golf Club**, featuring **Tom Lehman**, our Honorary Chair and professional golfer, **Lin Sue Cooney**, media personality, Honorary Champion and our Master of Ceremonies and **Martha McSally**, Congresswoman and Honorary Champion.

You can participate on your own, create your own team of friends, family, colleagues, neighbors, etc. or you can create a team and be paired with some of the local kids participating in our youth program across the valley. The goal is to have fun, get your walking shoes on, and raise money for a good cause!

And just to get the competitive juices flowing, your very own Arizona Coyotes have just signed up a team of 10 to participate in the challenge! I think I sense a challenge for the other local teams, don't you?!? DBacks, Cardinals, Suns – are you up for the challenge?

We know that the Suns Gorilla tweeted out last week about how many steps he took and challenged the other mascots...Howler's accepted so far...and I've been told is not at all afraid! What about Baxter and Big Red? Have you seen them?

Please join us in having some fun, getting out there and being active and supporting these deserving kids; sign up to participate in the [Step Up 4 Kids Challenge!](#) The first 250 participants receive a participant pack with a free t-shirt, pedometer and number of other

surprises! Prizes will be awarded to the **top 3 adults** and **top team** (determined by the total number of steps taken throughout the Challenge week) and the **top 25 kids** will get to attend the celebratory event for free (along with an adult). Don't miss out on this exciting event and sign up TODAY! For more details, please visit www.healthylifestars.org/step-up-4-kids

And don't forget to check your company's corporate donation matching policy – they will often match at least 50% if not your entire donation!



Register & Purchase tickets for the End of Challenge Celebration

[Click here](#) to purchase tickets.

Where Are They Now?

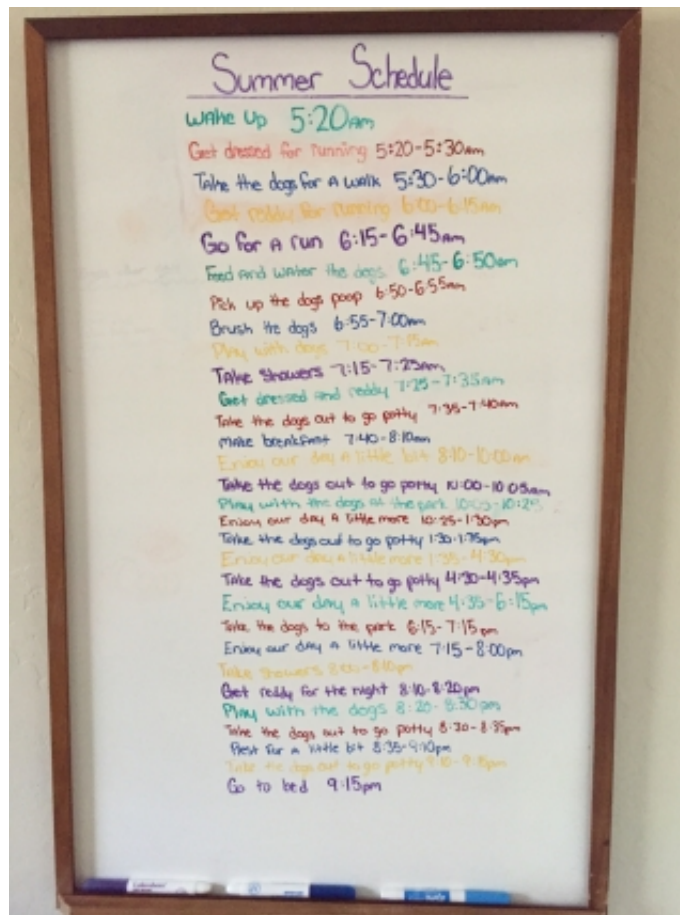
One of the best parts of our program is that we get to see firsthand just how much The LifeStar Challenge positively impacts these kids and watch them grow into incredible teens and young adults. If you missed our recent blog on Kaprice and Cassidy, read on to see how far these LifeStar graduates have come. We are so proud of you girls, keep it up!

Kassidy & Kaprice

What does a typical 13-year-old do all summer?

If you ask most 13-year-olds what they want to do all summer, you'd probably get answers like: sleep, play video games, sleep, hang out, sleep, go to the movies, visit the waterpark, and sleep again. Sound familiar? Well let me introduce you to Kaprice and Cassidy, 13-year-old twin sisters who break the mold.

What does a "typical" day look like for these Smith Junior High gals? Take a look at their summer schedule:



Kassidy & Kaprice's Summer Schedule

So what motivates these girls? Why is it so important for them to be active? Let's take a step back to see where and when it all started... back to 3rd grade at Brinton Elementary.

"Eating right and exercising wasn't always a cup of tea for my sister and I," Kassidy explained. "We were both overweight and struggling with being active. We would just eat pretty much whatever without even thinking about it."

Once they realized how unhealthy their lives were, they knew they had to make some important decisions. So what did these 8-year-olds do?

"At restaurants we changed our orders completely," Kassidy said. "We ended up feeling and looking better in the end. Sometimes, it was difficult, but all the struggling paid off."

That's also when they discovered their love for running. Despite being too young to join their school's running program, their enthusiasm convinced the coach, Mrs. Przeor, to let them join.

"My sister and I both run for a career, hobby, and for plain out fun, but we don't just do running," Kassidy said.



Kassidy (left) and Kaprice (right) showing off their many medals.

Not only do they regularly participate in 5km, 10km and half-marathons, but they also play soccer, softball, basketball, and run cross country.

What fuels this constant desire?

“Keep in mind to try new things, because the worst thing that could happen is you not liking it and it’s not something that is fun for you to do, but at least you tried it out,” Cassidy said.

Staying fit and healthy are important parts of their daily routine, just as important as taking care of the dogs and their other chores. But Cassidy and Kaprice do not view staying fit as a “chore.” Constantly setting and reaching goals are what they strive for. They have an amazing “can do” attitude that permeates throughout everything they do. The girls have absolutely no fear of failing.

“Reach out to the world and set a goal for yourself,” Cassidy explained. “No one can stop you from reaching that goal other than you.”

Aside from being healthy and active 13-year-old girls, Cassidy and Kaprice set personal goals that go beyond the fitness realm.

“Our personal goal that has nothing to do with sports and activity is to always be good people. Help others, love others and be kind.”



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