



# The LifeStar Challenge

*November 2015*

## **THANK YOU FOR YOUR SUPPORT – WE COULDN'T HAVE MADE SUCH AN IMPACT WITHOUT YOU!**

Thank you to everyone who participated in our inaugural STEP UP 4 KiDS Challenge and Celebration, allowing us to raise an impressive total of **\$70,435**. This will allow **1,408 more kids** to participate in the Healthy LifeStars program for one full year FOR FREE! Thanks to you, this brings us that much closer to this year's overall goal: double last year's number of LifeStars to **15,000**.

### IN JUST ONE WEEK:

- **156 kids, 144 adults and 27 teams** took part in the STEP UP 4 KiDS Challenge
- People participated everywhere: from AZ to CA, to North Carolina, DC and even up in Seattle
- Participants walked a grand total of over **8,700,000 steps**, representing close to **4,000 miles!** The equivalent of walking from Portland, Maine to San Diego... and then some!
- All with the same goal – walking together **TO FIGHT CHILDHOOD OBESITY!**

The kids took almost 500,000 more steps than the adults (never mind that there were actually twice as many kids than adults!).



And Kassidy Faraci's 177,359 steps edged out her sister Kaprice by a mere 3 to claim the top kids spot. Do the math: that's an average of over 25,000 steps each and every day! Quite impressive indeed!



And we heard great stories from many of the kids participating in the Challenge. 2<sup>nd</sup> grader Parker looked at his dog every night and proclaimed that she needed another walk. After his mother explained that it was too dark, he offered a very simple solution: bring flashlights of course! His mom Melissa figured that the dog probably had more walks that week than the entire past year!

Gabriella and Matthew exclaimed: "It was awesome seeing how many steps we could get, competing against other people and we had a lot of fun. "

Addi shared: "It improved the distance I can run. It was fun to compete!" And Ryan proclaimed: "It was fun and healthy and made me want to run more."

Thank you again to all of the participants, coaches, parents, sponsors,

volunteers and supporters for making our inaugural STEP UP 4 KiDS Challenge a big hit! Click [HERE](#) to view more of the event photos.

If you missed out on the fun, make sure to keep an eye on our website, [www.healthylifestars.org](http://www.healthylifestars.org), for next year's dates or give us a call at 602-252-3454 to secure your spot.

**And if you'd like to help us get even closer to our goal of reaching 15,000 kids this year, please [DONATE HERE!](#)**

**UPCOMING EVENT: Annual Holiday Reception on December 9<sup>th</sup>**

The Board of Directors Cordially Invites You to Our

**ANNUAL  
HOLIDAY RECEPTION**

**Wednesday, December 9, 2015  
6 - 8:30 PM**

Join us for some holiday cheer!  
Meet our fun and energetic kids!  
Learn about our exciting plans for expansion!

At the Home of  
Ruann Ernst and Bill Riffle  
Desert Highlands #53  
10040 E. Happy Valley Road  
Scottsdale, Arizona

RSVP by December 4, 2015

[RSVP Here](#)

or

Email: [christie@healthylifestars.org](mailto:christie@healthylifestars.org)  
By phone at 602-252-3454

## USE AMAZONSMILE WHEN DOING YOUR ONLINE SHOPPING!

The holidays are right around the corner and you have probably already started to think about or even started shopping for your family and friends. So how do you avoid the parking nightmare and those long lines at the mall? Do your holiday shopping online at [AmazonSmile](#). It has all of the great items you will find on Amazon – PLUS, it also allows you to pick a charity that will benefit from your online shopping. AmazonSmile donates 0.5% of your purchase to the organization, AT NO ADDITIONAL COST TO YOU!

Next time you log in, go to AmazonSmile and select Healthy LifeStars as your preferred charity. You can also click [here](#) to be sent directly to the link. And every subsequent online purchase will automatically send you to the same link!

Thanks for all your support and for remembering us when doing your online shopping!

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