

# Color the Kids ACTIVE and you could win a BIKE!



## 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. **Playing soccer, baseball, softball, jumping rope, or riding a bike are all good ways to get exercise.**

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)

**2 bikes will be awarded to each age group**  
**3-5** (pre-school - kindergarten)  
**6-9** (first - third grade)  
**9-12** (fourth - sixth grade)

Child's name: \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone #: \_\_\_\_\_

Email address: \_\_\_\_\_

Mail your completed entry form to:

**King's Daughters Health Foundation,  
 2201 Lexington Ave., Ashland, KY 41101**

Deadline: **All entries due by Friday, April 30**

## Serving your children with care.

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

### King's Daughters Ashland Pediatrics

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

- Jonathan Maynard, M.D.
- Laura Wells, APRN

### King's Daughters Cedar Knoll Pediatrics

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

- Muhammad Idrees, M.D.
- Tammy Johnson, APRN

### King's Daughters Pediatrics Bellefonte

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

Walk-ins Welcome  
 8 a.m. - 4 p.m. Mon. - Fri.

- Brittani Dingess, D.O.
- Kimberly Stapleton, APRN

### KDMS 29th Street Pediatrics

336 29th St., Suite 201, Ashland, Ky.  
**(606) 324-7337**

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

### King's Daughters Pediatrics Grayson

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

Walk-ins Welcome  
 8 a.m. - 5 p.m. Mon. - Fri.

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

### King's Daughters Family Care Center Wheelersburg

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

Walk-ins Welcome  
 9 a.m. - 6:30 p.m. Mon. - Thurs.

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

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

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