



Join FHN Miles and Minutes to support your school by staying active this summer!

Your summer sports and other physical activities can help schools within FHN's service area! The FHN Miles and Minutes program encourages you to be active as you log various types of physical activity to win prize money for the school system of your choice.

Sign up for some healthy competition!
Monday, May 26 - Sunday, August 24
For more information or to register,
visit fhn.org/milesandminutes



Activity is converted into "miles" which are normalized to help ensure a more level playing field for schools of all sizes.

Prize money is awarded for:

- School system with the most average "miles" logged per participant
- School system with the most "miles" total

First prize for each category is \$2000, second prize is \$1000, and third prize is \$500! Schools not eligible for above prizes will be entered into a sweepstakes drawing to win one of three prizes: \$300, \$400, or \$500!



Call FHN marketing at 815-232-2121 with further questions.

Encourage support for your school system!

Students 12+ welcome

Aquin Schools
 Chadwick-Milledgeville
 Dakota School District
 Durand School District
 East Dubuque School District
 Eastland School District
 Forrestville Valley School District
 Freeport School District
 Galena School District
 Immanuel Lutheran School
 Lena-Winslow School District
 Orangeville School District
 Pearl City School District
 Pecatonica School District
 River Ridge School District
 Scales Mound School District
 Stockton School District
 Tri-County Christian School
 Warren School District
 West Carroll School District