



HEALTHY SLEEP CHALLENGE

March 2018



FEEL GREAT

Healthy sleep recharges your mood, enabling you to feel your best and have a more optimistic attitude toward life.



EXCEL IN SCHOOL

Sleep recharges your brain, helping you excel in the classroom by maximizing your attention, memory and learning ability.



PERFORM YOUR BEST

Sleep recharges your energy for peak performance in sports, making you faster, stronger and more accurate.



LOOK BETTER

Sufficient sleep recharges your health, helping you to look your best and maintain a healthy weight.

Open to Cherry Creek Schools students, staff and families.
Challenge starts March 5! Register now at: challenge.ccsdfit.org



Feel Your Best. Be Your Best.



Dedicated to Excellence
Cherry Creek Schools

Students, win valuable prizes for successfully completing the challenge!