



EXERCISE  
REGULARLY

**Be a Healthy Living Teen Ambassador!**



### What does a Healthy Living Teen Ambassador do?

- Attend fun training sessions with other teens where you will learn to help younger kids have fun while they learn about health, nutrition, and fitness
- Facilitate lessons on healthy living, including reading books, asking questions, and engaging with kids
- Lead active games and exercises
- Show kids how to make simple, healthy snacks



### Why should you be an Ambassador?

- Earn an Amazon gift card
- Add experience to your resume
- Flex your leadership skills
- Optional future travel opportunities to local, regional, state, or national conferences
- Build your social group
- Give back to your community
- Learn by doing

# Applications are open!

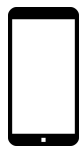
Open to ages 13-18.

## Questions?

Contact us:  
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# SCAN ME



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