

VERB will get kids off the couch

What's your child's favorite past time? Maybe it's soccer or baseball. Perhaps hiking or skateboarding. It could be yoga or martial arts. Whatever the choice, Get Movin' with the VERB Summer Scorecard, the ticket to fun and prizes for 9- to 13-year-olds.

Kids will track their physical activity online from May 24 to Aug. 1 at www.verbsummerscorecard.com. (Scorecards also are available at any YMCA or public library.) For every 12 hours your child plays or is active, he can put his name into a grand prize drawing. Prizes include a Wii game system, mini iPod shuffles, bikes and Heelys.

Check out the VERB Web site or the June and July issues of Lexington Family Magazine and La Voz for a calendar of events. There are lots of activities in Lexington and surrounding counties. Playing hard at home counts, too.

Register early, from May 12 to June 8, at www.verbsummerscorecard.com for a chance to win an iPod shuffle and a \$15 iTunes card.

The VERB grand finale will be 6:30 to 8:30 p.m. August 1 at Southland pool off Clays Mill Road.

For more information, contact Diana Koonce at the Lexington-Fayette County Health Department at (859) 288-2317.