



# 4<sup>th</sup> H FOR HEALTH CHALLENGE

This certificate of achievement is awarded on \_\_\_\_\_

to \_\_\_\_\_

**Congratulations!** By completing the 4<sup>th</sup> H for Health Challenge, you have shown extraordinary commitment to keeping yourself and your peers physically strong through regular physical activity and healthy eating.

A handwritten signature in blue ink that reads 'Christina Economos'.

Christina D. Economos, PhD, *Vice-Chair and Director, ChildObesity180*

