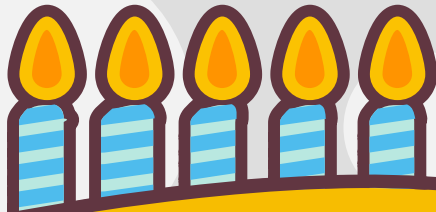


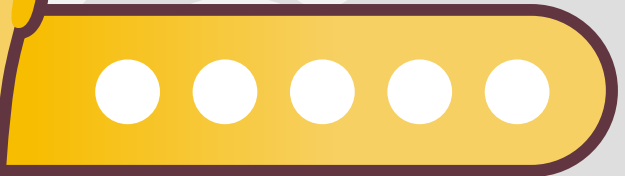
Learn to Skate USA

# 5TH BIRTHDAY CHALLENGE

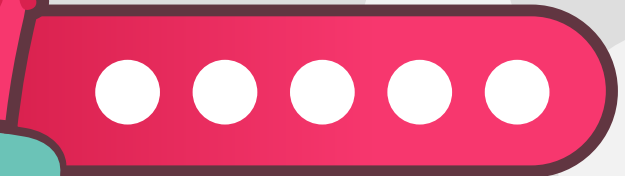
Join us in celebrating 5 years of skating to great with the 5th Birthday Challenge!  
Each tier of the cake is a different healthy initiative. Complete each one five times throughout a month to climb to the top of the cake!



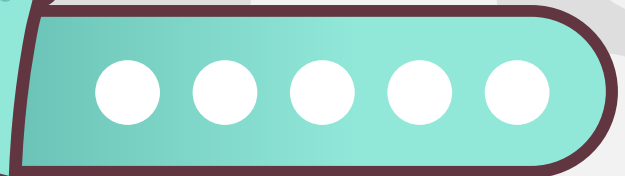
**Eat a healthy post-exercise treat**



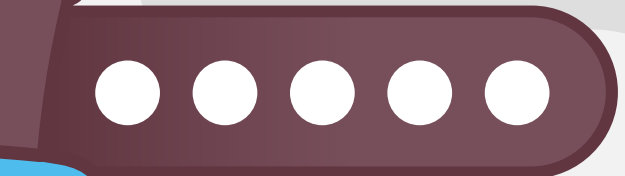
**Practice a challenge skating skill five times each practice.**



**Do 15 minutes of cardio**  
(running, jumping rope, etc)



**Spend at least 15 minutes outside**  
(riding a bike, walking, etc)



**Complete a Learn to Skate USA off-ice challenge**

