



VIVE TU VIDA! GET UP! GET MOVING!®  
ALL PROCEEDS ARE TO FUND NEXT YEARS  
SPONSORSHIP PACKAGE INFO

INTEREST TO [ACHAVEZ@YDINM.ORG](mailto:ACHAVEZ@YDINM.ORG)  
PLEASE SEND AN EMAIL EXPRESSING YOUR

- HOW ELSE YOU COULD HELP!
- IF YOU WOULD LIKE TO KNOW OUR SPONSORS!
- IF YOU WOULD LIKE TO BE ONE OF THE PLANNING PROCESS!
- IF YOU WOULD LIKE TO BE PART OF

ROLE MODELS!  
JOIN US IN HONORING COMMUNITY



VIVE TU VIDA! GET UP! GET MOVING!®  
WE'RE CELEBRATING THE 9TH ANNUAL

**¡Vive tu vida! Get Up! Get Moving!®** es el evento principal nacional que celebra anualmente la salud de la familia hispana y la actividad física. Es para personas de todas las edades y tamaños. Miles de familias participan en los eventos de ¡Vive tu vida! Get Up! Get Moving!® muchos cuales son ¡GRATIS!

Los eventos tienen actividades divertidas para toda la familia, exámenes de salud gratis, snacks saludables y premios. En ¡Vive tu vida! Get Up! Get Moving!® usted encontrará juegos de fútbol, tenis, baloncesto, ejercicios de calentamiento, bailes de salsa, aeróbicos, yoga y ¡mucho más!

Participe el **7 de NOVIEMBRE, 2015 de las 9:30am al la 1:30pm en el Parque Daniel Fernandez en Los Lunas para ¡Vive tu vida! Get Up! Get Moving!®**

**¡Vive tu vida! Get Up! Get Moving!®** is the nation's premier annual Hispanic family physical activity and healthy lifestyle event. **¡Vive tu vida! Get Up! Get Moving!®** is for people of all ages and all sizes.

These FREE events feature fun and excitement for the whole family, free health screenings, healthy snacks, and prize drawings. **¡Vive tu vida! Get Up! Get Moving!®** has activity stations for soccer, tennis, baseball, basketball, dance, aerobics, yoga and much more!

Join us **NOVEMBER 7, 2015 from 9:30am-1:30pm at Daniel Fernandez Park in Los Lunas** for **¡Vive tu vida! Get Up! Get Moving!®**

RSVP: complete the participant form and submit to [achavez@ydimm.org](mailto:achavez@ydimm.org) or Fax 505/865-7422  
October last  
Let us know you are interested in participating by

Contact person: Ambar Chavez 505.459.0460

Time: 9:30 am-1:30 pm

Date: 11/07/2015

1103 Hwy 314 Los Lunas, NM  
Daniel Fernandez Park

CONDADO DE VALENCIA  
LA ACTIVIDAD FÍSICA EN EL  
SALUD DE LA FAMILIA HISPANA Y  
QUE CELEBRA ANUALMENTE LA  
EL EVENTO PRINCIPAL NACIONAL

IN VALENCIA COUNTY  
FAMILY HEALTH CELEBRATION  
PHYSICAL ACTIVITY AND HISPANIC  
THE NATION'S PREMIER ANNUAL  
!VIVE TU VIDA! GET UP! GET MOVING!®



**VIP INVITE**

Promoting  
Healthy  
Living

