



Associa Supports Kids
Keeping kids safe and strong

“To help the thousands of children who live and play in Associa-managed communities grow up strong and healthy, we need to encourage them to be more active. Through the Associa Supports Kids program we sponsor youth sports teams and organizations that help kids lead active, healthy lives.”

John Carona
President and CEO, Associa

To learn more visit www.associasupportskids.org
Find us on [www.Facebook.com/Associa](https://www.facebook.com/Associa)
or follow us on [www.Twitter.com/Associa](https://www.twitter.com/Associa).



CORPORATE OFFICES
5401 NORTH CENTRAL EXPRESSWAY
SUITE 300
DALLAS, TEXAS 75205
TOLL FREE: 800.808.4882
WWW.ASSOCIAONLINE.COM

THE LEADER IN COMMUNITY ASSOCIATION MANAGEMENT

Building successful communities for more than 30 years, Associa is the leader in community association management and serves its clients with local knowledge, national resources and comprehensive expertise. Based in Dallas, Associa and its 8,000 employees operate more than 100 branch offices in the United States and Mexico.

Associa Supports Kids



Keeping Kids Strong.

www.associasupportskids.org

Lending a helping paw.



Associa, the nation's leader in community association management, has served families across the U.S. for over 30 years and is passionate about keeping kids safe and strong. The Associa Supports Kids (ASK) program educates parents and their children about safety and promotes physical activity among youth.

As part of the ASK program we are helping kids across the country lead more active lifestyles. Scout, the ASK mascot, is constantly scouting out new ways to get kids moving and encouraging them to try new sports and ways to stay active. Swimming and ice skating. Karate and dance. Baseball and track. There are dozens of fun ways for kids to stay healthy and strong.

ASK sponsors youth sports teams and organizations that help kids lead active, healthy lives across the country. To learn more, call 800.808.4882, ext. 5680 or visit us at www.associasupportskids.org.

Health & safety matter.

Studies show that today's youth are too inactive.

- The average American child spends more than 7.5 hours a day watching TV and movies, using cell phones and computers for entertainment, and playing video games.
- Only a third of high school students get the recommended levels of physical activity.
- Nearly one in three children in America are overweight or obese.

(Source: LetsMove.gov)

Regular physical activity offers kids numerous benefits.

- Improves strength and endurance
- Helps build healthy bones and muscles
- Helps control weight
- Reduces anxiety and stress and increases self-esteem

(Source: U.S. Department of Health and Human Services)



Stay healthy & strong.



Children need 60 minutes of active and vigorous play every day to grow up healthy and strong. ASK sponsors a wide range of physical activities including but not limited to:

Basketball	Skating
Dance	Running
Golf	Soccer
Swimming	Surfing
Gymnastics	Baseball
Hockey	
Kayaking	
Martial Arts	
Mountaineering	
Rowing	
Tennis	
Bicycling	
Track & Field	
Volleyball	
Weight Training	

