



# Read and exercise today and imagine your possibilities!

Participate in Assemblyman Cahill's 2010 Summer Reading and Exercise Challenge and receive a New York State Assembly Excellence in Reading and Exercise Certificate!

Simply read 15 minutes and exercise 30 minutes a day for 40 days during July and August. Mark off the days you read and exercise on a calendar. Send in your marked-off calendar to:

*Assemblyman Kevin A. Cahill*

Call my office or see your teacher or librarian for more details!



Sponsored by

**Assemblyman Kevin A. Cahill**

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In cooperation with the  
New York State Library's  
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Reading Program

[www.summerreadingnys.org](http://www.summerreadingnys.org)