



April

NEWSLETTER



1 HOUR OR MORE
OF PHYSICAL
ACTIVITY EVERY DAY

Ranger's Tip!

STAY ACTIVE TO STAY HEALTHY!

Physical activity keeps our bodies strong and healthy. Getting one hour or more each day will help you focus, have more energy, and gets your heart pumping.



GET ACTIVE AROUND WNY!

KIDS RUN


AN INDEPENDENT HEALTH FOUNDATION EVENT

Ready! Set! Go! Kids Run Buffalo is back at Delaware Park on Saturday, June 1st. Sign up for this FREE family run today—Visit kidsrunbuffalo.com for registration and for more information.



Be Your Best YOU!

Can you fill in the squares with some other ways you can show kindness to others and you?! Try a couple of these out—how did it make you feel?

Give yourself a compliment	Offer to help someone	
		

Activity

Can you think of an exercise that starts with the first letter of your name? Show us below!
Example: If your name is Robert, an activity could be **run** or **race**!

MY NAME:

MY EXERCISE:









AN INDEPENDENT HEALTH FOUNDATION PROGRAM

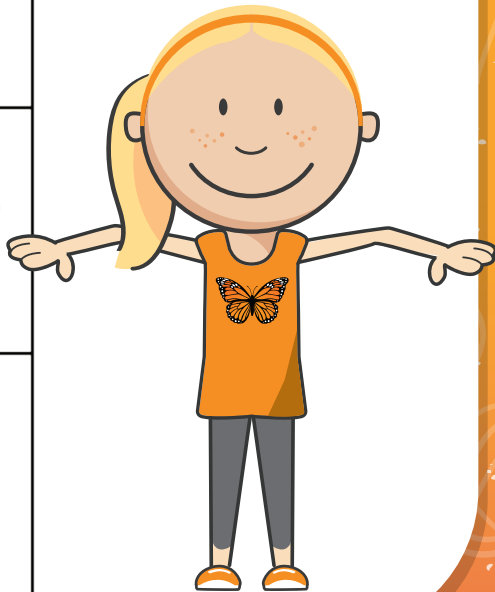


Challenge:

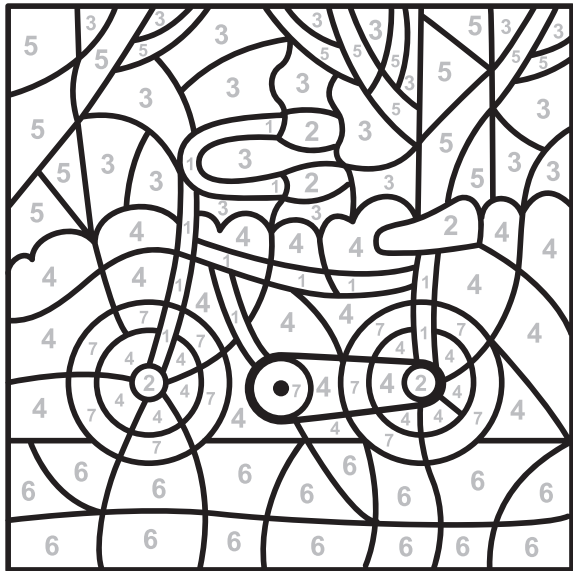
Can you do the math problems below? Do the exercise the number of times of the answer! What was your favorite animal exercise?



$4 \times 2 = \text{-----}$ Bunny hops 	$10 \div 2 = \text{-----}$ Starfish jumps 
$5 \times 3 = \text{-----}$ Elephant stomps 	$7 + 1 = \text{-----}$ Duck walks 
$9 - 6 = \text{-----}$ Bear crawls 	$6 \times 2 = \text{-----}$ Arm circles 



COLOR BY NUMBER



SIGN UP FOR A FREE SOCCER PROGRAM NEAR YOU!

Visit www.buffalosoccerforsuccess.com for a list of dates, sites and for more information.

Name _____

Grade _____ Teacher _____

