



# 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](https://kidsrunbuffalo.com) for registration and for more information.



### Be Your Best YOU!

Look at all the ways you can show kindness to others and yourself! Can you pick 5 of them to try out this month? Color in the box of the ones you were able to do! How did it make you feel?

Give yourself a compliment	Offer to help someone	Make a new friend
Share with someone		Let someone go first
Say something kind to someone	Try something again even if it is hard	Do an extra chore at home

### 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:**

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**MY EXERCISE:**



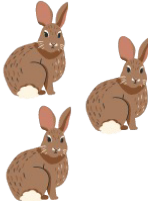

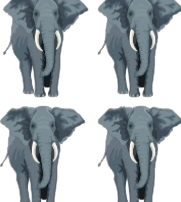
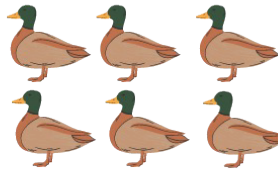
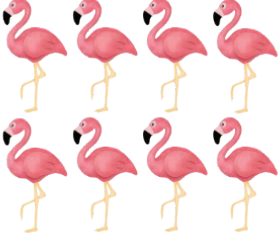
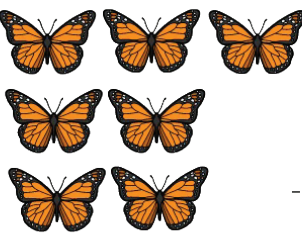
AN INDEPENDENT HEALTH FOUNDATION PROGRAM



# Challenge:

Can you count how many of each critter are in the box and write it on the dotted line? Then, follow the exercises as many times as you counted in each box!

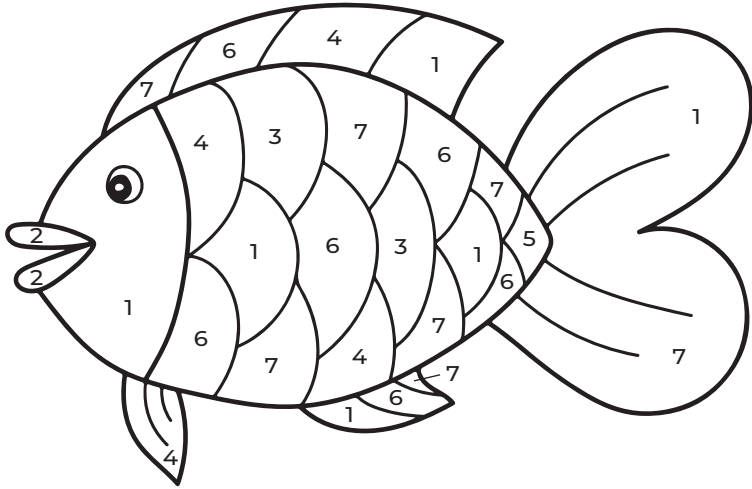


 <p><b>Hop like a bunny</b></p> <p>----- times</p>	 <p><b>Run in place like a cheetah</b></p> <p>----- times</p>
 <p><b>March like an elephant</b></p> <p>----- times</p>	 <p><b>Walk like duck</b></p> <p>----- times</p>
 <p><b>Stand like a flamingo</b></p> <p>----- times</p>	 <p><b>Move your arms like a butterfly</b></p> <p>----- times</p>



## COLOR BY NUMBER

Color the the fish using the color chart below. What do you think the fish's favorite exercise is?



**SIGN UP FOR A FREE SOCCER PROGRAM NEAR YOU!**

Visit [www.buffalosoccerforsuccess.com](http://www.buffalosoccerforsuccess.com) for a list of dates, sites and for more information.

Name

Grade

Teacher

For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

