

# MARCH

## Rachel's Tip

**IT IS IMPORTANT TO NOT SPEND TOO MUCH TIME ON DEVICES.**

Instead, find ways to keep your body moving and your brain active! Staying active is an important step to help bodies to grow up to be strong and healthy!



# 2

**2 HOURS OR LESS OF SCREEN TIME**



## Track Yourself

**COLOR IN ALL THE DEVICES YOU USED EACH DAY. REMEMBER, TRY TO KEEP IT UNDER 2 HOURS EACH DAY!**

	TV	VIDEO GAMES	PHONE	TABLET	COMPUTER
<b>DAY 1</b>					
<b>DAY 2</b>					
<b>DAY 3</b>					
<b>DAY 4</b>					
<b>DAY 5</b>					

## Activity Videos

### CHECK IT OUT!

Check out our new 95210+YOU activity videos brought you by Theatre of Youth, Kevin McCarthy, Rolly Pollies WNY and Jeff Musial the Animal Guy!

Visit:

[www.fitnessforkidschallenge.com/activityvideos](http://www.fitnessforkidschallenge.com/activityvideos)



## Try This...

### ALPHABET FUN!

Can you think of an activity you can do other than screen time that begins with every letter of the alphabet? Try and do at least one a week for this month!



**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

# MARCH

## Challenge:

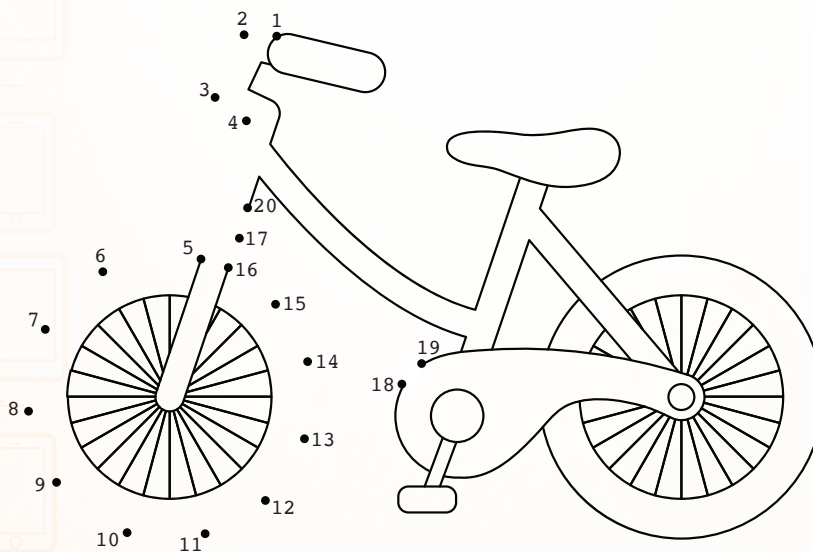
### EXERCISE YOUR BRAIN...

Using your imagination is a great way to exercise your brain! We use our imagination when we read books, or draw pictures! Can you help Prince Jake and Princess Tara reach the top of the castle? Color in a shape of the castle for every day you limited your screen time to 2 hours or less this month!



### EXERCISE YOUR BODY...

Connect the dots to find one activity you can do instead of screen time.



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

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

**Fitness  
for Kids**  
CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

2021-2022 | K-2