

APRIL

Billy Buffalo's Tip

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.



1 HOUR OR MORE OF PHYSICAL ACTIVITY EVERYDAY



School Spotlight

PLAYING KICKBALL

Students from Hamburg's Union Pleasant Elementary are getting in their hour of physical activity by playing kickball! Playing games with family and friends can make being active fun!



Track Yourself

Make a bar graph by shading in the boxes for how long you were physically active. The goal is to get 1 hour or more each day!

5 HOURS							
4 HOURS							
3 HOURS							
2 HOURS							
1 HOUR							
30 MINS							
15 MINS							
	S	M	T	W	T	F	S

Which day did you get the most physical activity?
How can you be more active throughout the week?

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM



APRIL

Challenge:

LET'S GET ACTIVE!

Complete the Word Search

N	Y	W	J	V	E	Y	K	O	R	X	Y
D	L	W	D	F	H	D	S	P	M	Z	R
L	H	P	Y	N	Z	T	S	E	F	W	U
I	U	E	X	U	R	S	S	C	U	G	N
D	G	M	A	O	R	I	D	K	N	M	P
A	J	Y	P	L	C	U	L	A	B	K	Y
C	U	S	O	R	T	M	A	L	W	J	P
T	R	T	E	J	H	H	P	P	T	W	L
I	R	X	D	E	Y	Z	Y	I	K	Z	A
V	E	Y	O	C	T	P	L	W	U	S	Y
E	M	P	C	F	I	T	N	E	S	S	Y
O	D	J	N	H	P	Y	H	K	R	B	O

ACTIVE
 FITNESS
 EXERCISE
 FUN
 HEALTHY
 PLAY
 RUN
 SPORTS

CREATE A SHORT STORY WITH AS MANY OF THESE WORDS AS YOU CAN.



Activity

GOOD FOOD BAD FOOD

The teacher (or parent) will raise up different foods and drinks. If it is a healthy food or drink start to walk, if it is an unhealthy food or drink stop moving. Whoever reaches the other side of the room/field first wins! Just like red light, green light!



Try This...

IF YOU'RE WATCHING TV...

Do jumping jacks during commercial breaks. Count how many you get up to!

Name _____

Grade _____

Teacher _____



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