

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

COLOR THE SNEAKER IF YOU WERE ACTIVE FOR 1 HOUR OR MORE

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

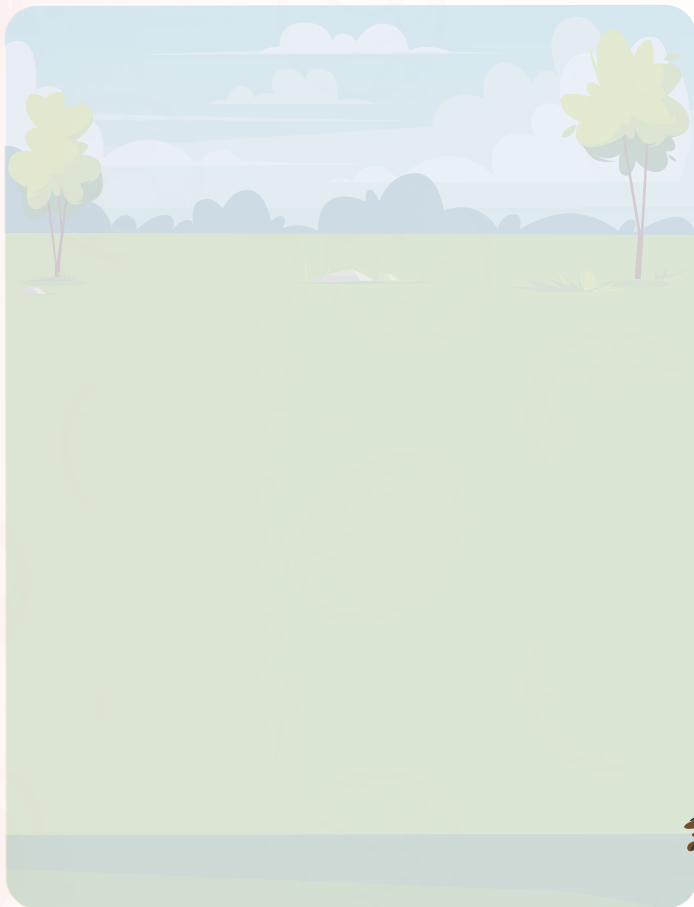


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Challenge:

LET'S GET ACTIVE!

Draw your dream playground!



BE CREATIVE!



Activity

FOLLOW THE LEADER

Follow along with your teacher or classmate to get your body moving (hop, march, jumping jacks, arm movements).



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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