

# APRIL

## Billy'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

### WAY TO GO!

This year, we had AMAZING participation from our schools in October's Buffalo Bills Play 60 Challenge. We had over 10,000 students participate by getting 60 minutes of physical activity a day! Are you up for the challenge this month to aim for 1 hour of physical activity a day?



## Track Yourself

Track how many minutes you did physical activity each day! Write the number in the box below.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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



# APRIL

## Challenge:



### MAKE TIME TO PLAY!





Physical activity is important because it makes you stronger, gets your heart pumping and lungs working, and makes you feel good!

What is your favorite type of exercise that:

1. Starts with the letter "s": \_\_\_\_\_
2. You can do with friends: \_\_\_\_\_
3. You can do outside: \_\_\_\_\_
4. Uses a ball: \_\_\_\_\_
5. You can do inside: \_\_\_\_\_



See how many sit-ups, jumping jacks, push-ups and squats you can do in 60 seconds! Write the number in the boxes below.

<b>SIT-UPS</b> 		<b>PUSH-UPS</b> 	
<b>JUMPING JACKS</b> 		<b>SQUATS</b> 	

## KIDS RUN at home!

### READY, SET, GO!

Kids Run Buffalo at Home is back! The 1.8-mile virtual race will take place June 4th-6th in your own neighborhood. Walkers and runners at any speed are invited to participate in this free family-friendly event. Registered participants will receive a race bib, medal template, training tips and so much more! Visit [kidsrunbuffalo.com](http://kidsrunbuffalo.com) for more information.

## Activity Videos

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...

Every morning when you wake up this month, try and do 10 jumping jacks, sit-ups, or run in place for 20 seconds.

Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM