

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

Color the sneaker if you were active for 1 hour or more.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: www.FitnessForKidsChallenge.com



APRIL

Challenge:



MAKE TIME TO PLAY!

Trace the words below. Did you know these words help you get 1 hour of physical activity? Circle which word you think is most fun!



j u m p r u n



r i d e s w i m



p l a y k i c k



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 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

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 _____

For more information and activities visit: www.FitnessForKidsChallenge.com



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

2020-2021 | K-2