

MARCH

Billy's Tip

**IT'S 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**



School Spotlight

THANK YOU!

Last year, during March's challenge of 2 hours or less of screen time was when the COVID-19 pandemic started.

We would love to spotlight ALL our participating schools for continuing the Fitness for Kids Challenge and challenging students to follow the 95210+YOU goals!



Track Yourself

Outside of schoolwork, how many hours each day did you spend on screens such as phone, computer, video games, television, etc.? Write in your answers below.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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



2020-2021 | 3-5

MARCH

Challenge:

TRUE OR FALSE?

Use what you learned about screen time to answer the questions below.

Write a "T" for true if the sentence is true and write a "F" false if the sentence is not true.



1. Television is a form of exercise. _____
2. Too much screen time can affect my health. _____
3. Reading a book is good exercise for my mind. _____
4. Video games do not count as screen time. _____
5. You can get better sleep at night if you do not look at your phone or tv in bed. _____
6. Screen time changes the amount of exercise I get. _____
7. I spend more time with my family and friends when I am using screens. _____

Activity Videos

CHECK THIS 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



Try This...

FAMILY FUN!

Get your whole family to limit the amount of television, video games, and time you spend on your phones. Instead play a board game together, host a dance party or go on a family walk!

Name _____

Grade _____

Teacher _____

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