

# MARCH

## Billy's Tip

**IT IS 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

**COLOR IN ALL THE DEVICES YOU USED EACH DAY. REMEMBER, TRY TO KEEP IT UNDER 2 HOURS EACH DAY!**

	TV	VIDEO GAMES	PHONE	TABLET	COMPUTER
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)



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## Challenge:

### CHOOSE TO BE ACTIVE

Too much screen time doesn't let our bodies and minds grow. It is important for us to keep our bodies moving. Can you circle something wrong with this picture?



## 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](http://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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**Fitness  
for Kids  
CHALLENGE**

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