

# MAY

## Billy's Tip

### TOO MUCH SUGAR IS BAD FOR YOUR HEALTH.

Just like how candy and ice cream make things sticky, sugary drinks can make your insides sticky and slow you down. Many drinks have sugar in them, like soda and sports drinks. Healthy kids should aim for less than six teaspoons of sugar per day.



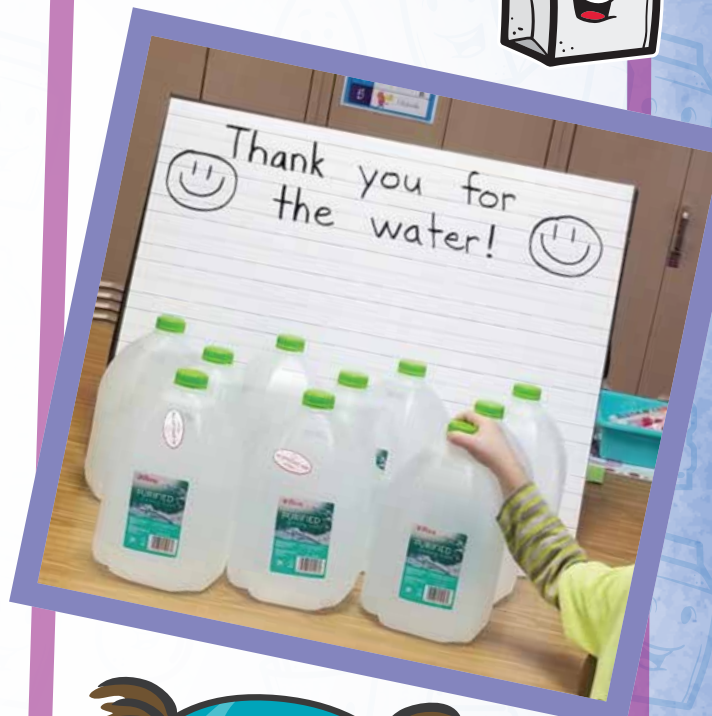
0 SUGARY DRINKS



## School Spotlight

### WONDERFUL WATER!

Last year, Como Park Elementary School purchased water to keep their students hydrated during May's 0 sugary drinks challenge! Can you think of another good choice for 0 sugary drinks?



## Track Yourself

What did you drink today? Write the amount of sugary drinks you had in the red square. Try and aim for 0 sugary drinks every day!

DAY 1:	<input type="text"/>
DAY 2:	<input type="text"/>
DAY 3:	<input type="text"/>
DAY 4:	<input type="text"/>
DAY 5:	<input type="text"/>



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

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# MAY

## Challenge:

When you are trying to decide what drink to have, make sure to **STOP**, **THINK**, and **DRINK** and ask yourself the questions below. If this is not a healthy choice, what can you choose instead?



### SPORTS DRINK

- STOP** Am I making the best drink choice? \_\_\_\_\_
- THINK** Will this fuel my body, build strong teeth, quench my thirst? \_\_\_\_\_
- DRINK** If this isn't a healthy choice, what can I choose instead? \_\_\_\_\_



### WATER

- STOP** Am I making the best drink choice? \_\_\_\_\_
- THINK** Will this fuel my body, build strong teeth, quench my thirst? \_\_\_\_\_
- DRINK** If this isn't a healthy choice, what can I choose instead? \_\_\_\_\_



### MILK

- STOP** Am I making the best drink choice? \_\_\_\_\_
- THINK** Will this fuel my body, build strong teeth, quench my thirst? \_\_\_\_\_
- DRINK** If this isn't a healthy choice, what can I choose instead? \_\_\_\_\_



### SODA

- STOP** Am I making the best drink choice? \_\_\_\_\_
- THINK** Will this fuel my body, build strong teeth, quench my thirst? \_\_\_\_\_
- DRINK** If this isn't a healthy choice, what can I choose instead? \_\_\_\_\_

## 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...

### WATER IS A HEALTHY HABIT!

Try to drink a glass of water before you eat your lunch every day.

Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

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