

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.



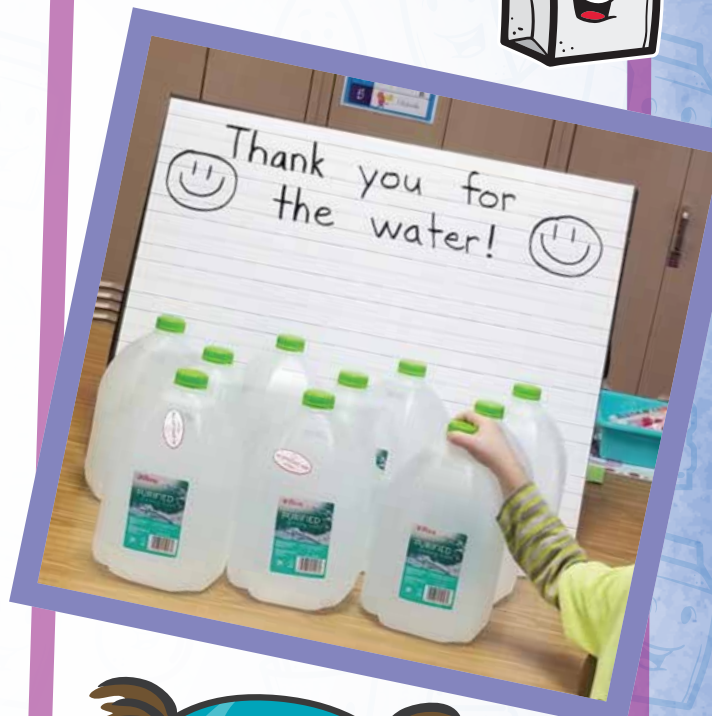
0 SUGARY DRINKS



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

COLOR IN A WATER DROP FOR EVERY GLASS OF WATER YOU DRINK. TRY TO DRINK 8 EACH DAY!

DAY 1	
DAY 2	
DAY 3	
DAY 4	



**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM


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

2020-2021 | K-2

MAY




Challenge:

Color in the pictures of each drink. Can you count how many  (teaspoons) of sugar each drink has? Circle which drink you think is best for you.



12 OZ
CAN
OF
SODA




I see _____ 
(teaspoons) of sugar.



32 OZ
BOTTLE
OF
SPORTS
DRINKS




I see _____ 
(teaspoons) of sugar.




6 OZ
JUICE
BOX
DRINK



I see _____ 
(teaspoons) of sugar.



16 OZ
BOTTLE
OF
WATER

I see _____ 
(teaspoons) of sugar.

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...

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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