

# MARCH

## Rachel'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**



## 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**

## Activity Videos

### CHECK IT 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...

### ALPHABET FUN!

Can you think of an activity you can do other than screen time that begins with every letter of the alphabet?

Try and do at least one a week for this month!



**Fitness  
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CHALLENGE**

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## Challenge:

### UNSCRAMBLE THE WORDS!

Using the key at the top, unscramble the words below. Write the word in the green box. How are these words important to this month's goal?

screeentime

active

exercise

imagination

estemicenr \_\_\_\_\_

eavtic \_\_\_\_\_

namitiganoi \_\_\_\_\_

cierexse \_\_\_\_\_

1. screeentime 2. active 3. imagination 4. exercise

### BINGO!

There are so many fun activities you can do that don't involve screens like the ones on the BINGO board!

Try and earn your screen-time—for every 3 in a row, you earn 30 minutes towards your daily two hours (or less) of screen time.



Made your bed

Played with a friend or sibling

Colored or drew a picture

Ate a healthy snack

Did something nice for someone

Drank a full glass of water



Exercised for at least 30 minutes

Read for 30 minutes

Did all your chores or helped around the house



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

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