

MAY

Marco'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



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

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"/>



Try This...

GOOD START!

Start off every day with a glass of water! Try to drink at least one cup of water before 10:00 am every morning.



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Challenge:

Add up how much sugar was in the items from each meal using the key below!
Can you think of healthier drink choices you can swap instead?

Breakfast	 _____ + _____ = _____	 Chocolate Milk 1 Chocolate Chip Cookie Juice Box
Lunch	 _____ + _____ = _____	 Fruit Loops Cereal Soda Candy Bar
Dinner	 _____ + _____ = _____	

Can you circle the drinks you can swap instead that have less sugar?



UNSCRAMBLE THE WORDS!

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

water

hydrate

sugar

drink

ratew _____

krdni _____

edharyt _____

gusra _____

1. water 2. drink 3. hydrate 4. sugar

Name _____

Grade _____

Teacher _____

**Fitness
for Kids
CHALLENGE**

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