

APRIL

Ranger's Tip

PHYSICAL ACTIVITY KEEPS OUR BODIES STRONG AND HEALTHY.

Getting one hour or more each day will help you focus, have more energy and gets your heart pumping.



1 HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY



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

Track how many minutes you did physical activity each day! Write the number in the box below.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	



Try This...

FAMILY FUN!

At least once a week this month, ask your family to go on a walk together after dinner!

Fitness for Kids CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

APRIL

Challenge:



UNSCRAMBLE THE WORDS!

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

sports

healthy

play

strong



sgnotr _____

hatyelh _____

strops _____

lapy _____

1. strong 2. healthy 3. sports 4. play

KIDS RUN

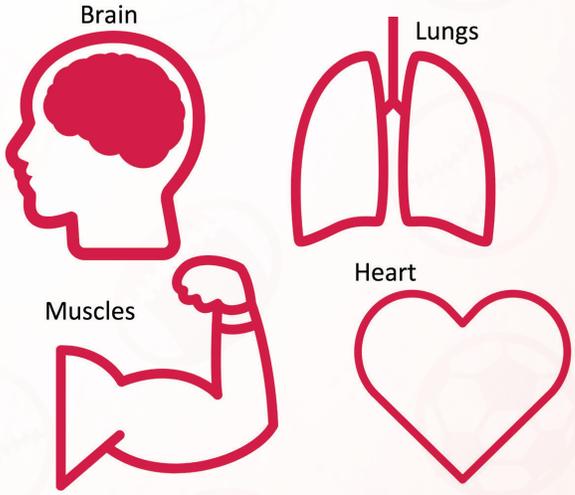
AN INDEPENDENT HEALTH FOUNDATION EVENT

READY, SET, GO!

Kids Run Buffalo is back! Sign up for this FREE family run today – all registered participants will receive a race bib, medal template, training tips and so much more! Visit kidsrunbuffalo.com for registration and for more information.

WHY IS EXERCISE IMPORTANT?

Can you think of a couple reasons why physical activity is good for your body? Write your answers in the pictures below of why exercise is good for that body part!



Name

Grade

Teacher



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