

# 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!



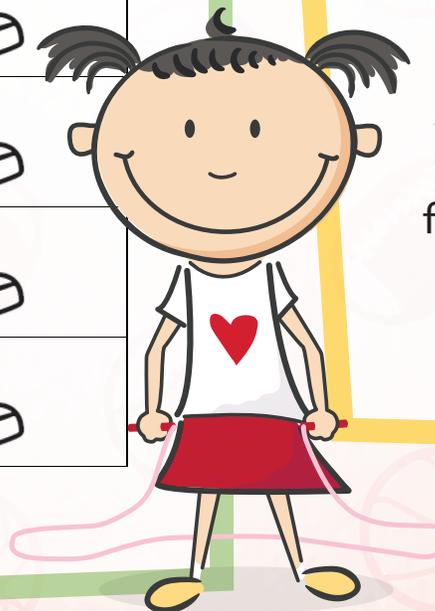
Visit:

[www.fitnessforkidschallenge.com/activityvideos](http://www.fitnessforkidschallenge.com/activityvideos)

## Track Yourself

Color the sneaker if you were active for 1 hour or more.

<b>DAY 1</b>	
<b>DAY 2</b>	
<b>DAY 3</b>	
<b>DAY 4</b>	
<b>DAY 5</b>	



## 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:



### HOW MANY CAN YOU DO?

Fill in the blanks below for how many of each exercise you can do in 30 seconds!

<b>SIT-UPS</b> 		<b>PUSH-UPS</b> 	
<b>JUMPING JACKS</b> 		<b>SQUATS</b> 	
<b>BUNNY HOP</b> 		<b>TOE TOUCH</b> 	



# KIDS RUN

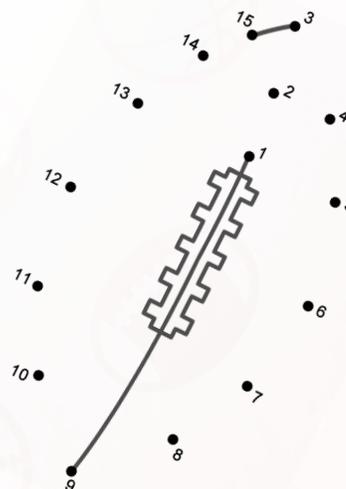
AN INDEPENDENT HEALTH FOUNDATION EVENT

## 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](http://kidsrunbuffalo.com) for registration and for more information.

## CONNECT THE DOTS!

What sport is Jake playing below?  
Connect the dots to find out!



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM