

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

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

DAY 1				
DAY 2				
DAY 3				
DAY 4				



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.

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

MAY

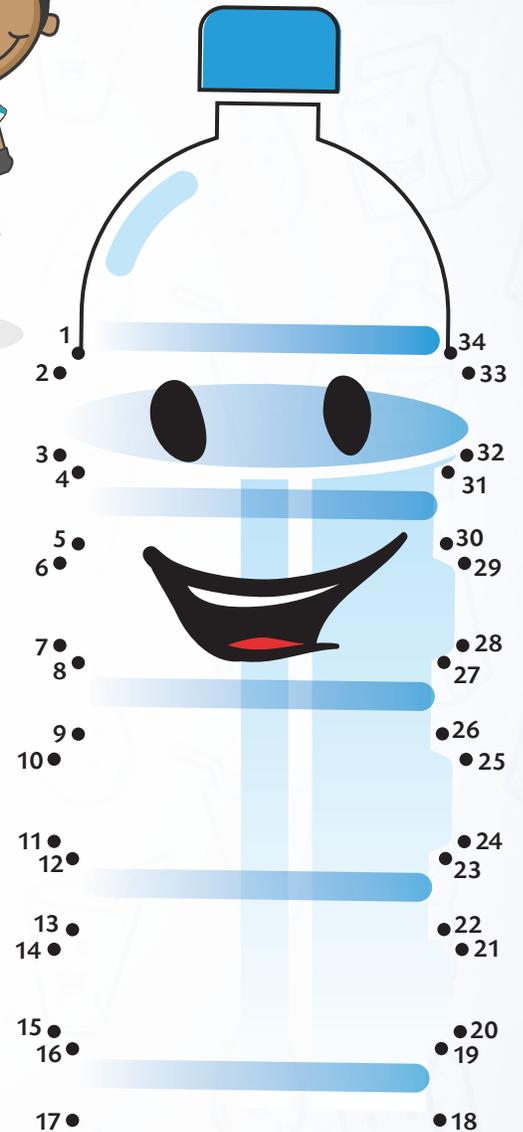
Challenge:

Can you help Marco find his way through the maze to the water bottle? Watch out for the sugary drinks like soda, energy drinks, and chocolate milk along the way! Why is water a great choice?



CONNECT THE DOTS!

Connect the dots below to find out what this healthy drink is.



Name _____

Grade _____

Teacher _____