



APRIL NEWSLETTER



Amira's Tip!

STAY ACTIVE TO STAY HEALTHY!

Physical activity keeps our bodies strong and healthy. Getting one hour or more of activity each day will help you focus, have more energy, and get your heart pumping!



Activity Videos

CHECK IT OUT!

Check out our 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	



Activity...

Create your own dance move! Teach your friend, or someone at home and have a dance party!

READY, SET, GO!

KIDS RUN

AN INDEPENDENT HEALTH FOUNDATION EVENT

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



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

Challenge:



For each letter in your name, do the exercise next to it.
For example, if your name is Beth, you would do:

1. **B**= 5 sit ups
2. **E**= 10 high knees
3. **T**= pretend jump rope for 10 seconds
4. **H**= 15 seconds run in place

- A** = 10 jumping jacks
- B** = 5 sit-ups
- C** = 5 squats
- D** = 3 pushups
- E** = 10 high knees
- F** = 15 second plank
- G** = 10 butt kicks
- H** = 15 seconds run in place

- I** = 10 arm circles
- J** = hop on one foot 5 times
- K** = 10 toe touches
- L** = 10 second march
- M** = 5 bunny hops
- N** = dance for 10 seconds
- O** = 5 crab walks
- P** = 5 jumping jacks
- Q** = 10 second wall sit

- R** = 5 side hops
- S** = 10 sit-ups
- T** = pretend jump rope for 10 seconds
- U** = 5 side planks
- V** = 10 squats
- W** = 5 star jumps
- X** = 5 pushups
- Y** = 10 second stretch
- Z** = 5 frog hops

My name is: _____

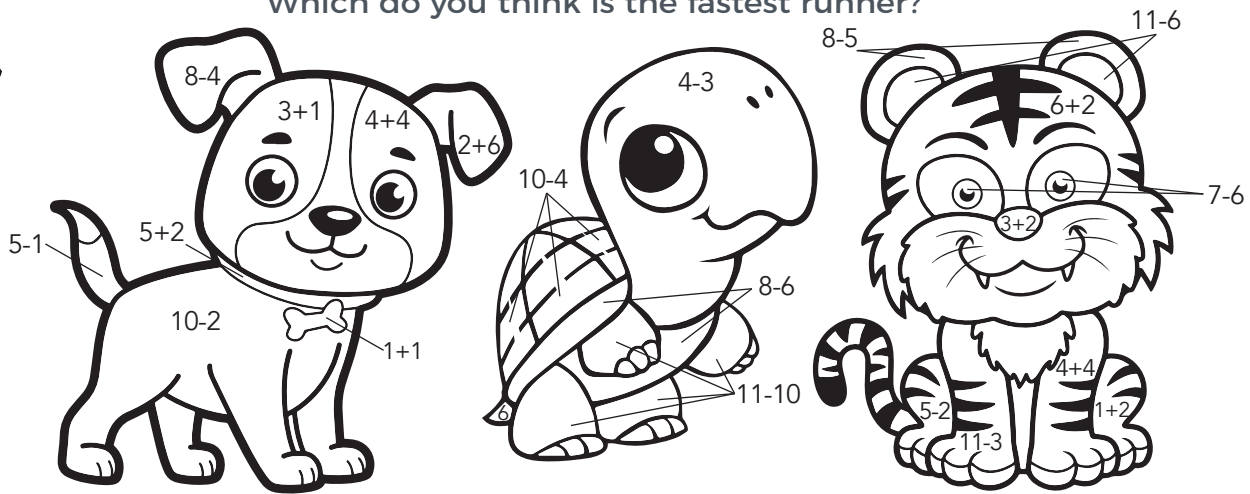
Can you think of two other words that have to do with this month's challenge?
Write them on the lines below and do the exercise next to each of those letters too!

Word #1: _____

Word #2: _____

COLOR BY MATH

Color the the animals using the color chart below.
Which do you think is the fastest runner?



Name _____

Grade _____

Teacher _____



Celebrating 30 Years

www.independenthealthfoundation.org



AN INDEPENDENT HEALTH FOUNDATION PROGRAM