



APRIL NEWSLETTER



1 HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY

Amira's Tip!

STAY ACTIVE TO STAY HEALTHY!

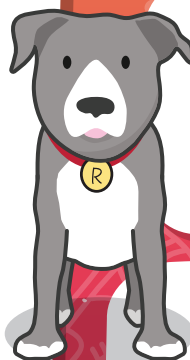
Physical activity keeps our bodies strong and healthy. Getting one hour or more of activity each day will help you focus, have more energy, and get your heart pumping!



Track Yourself

COLOR IN THE SNEAKERS IF YOU WERE ACTIVE FOR 1 HOUR OR MORE.

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:

WE LOVE EXERCISE!

Did you know exercise is great for our bodies and our minds? Show us your best animal exercises and walk, jump, run or stomp like the animals below!



5 frog jumps



10 crab walks



10 kangaroo jumps



5 bear walks



20 second cheetah run (in-place)

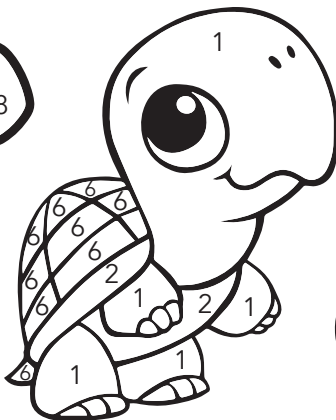
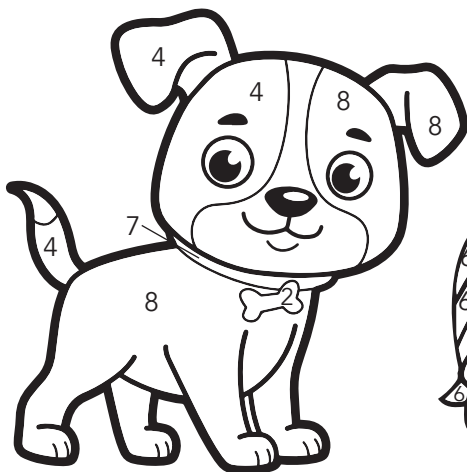


15 elephant stomps



COLOR BY NUMBER

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



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