



MARCH

NEWSLETTER



2 HOURS OR LESS
OF SCREEN TIME

Alex's Tip!

IT IS IMPORTANT TO NOT SPEND TOO MUCH TIME ON DEVICES.

Instead, find ways to keep your body moving and your brain active! Staying active is an important step to help bodies to grow up to be strong and healthy!



Track Yourself



Outside of schoolwork, how many hours each day did you spend on screens such as phone, computer, video games, television, etc.? Write in your answers below.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

Activity Videos

CHECK IT OUT!

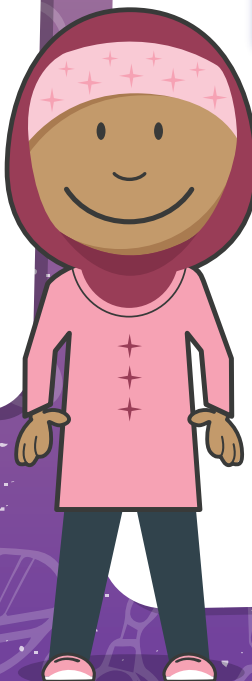
Check out our 95210+YOU activity videos brought you by Theatre of Youth, Kevin McCarthy, Rolly Pollies WNY and Jeff Musial the Animal Guy!

VISIT:

www.fitnessforkidschallenge.com/activityvideos

Activity...

Let's get our heart rate up! Can you see how many jumping jacks you can do in 30 seconds? Try this exercise once every week. Are you able to do more jumping jacks in 30 seconds at the end of the month?



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Challenge:

There are so many activities you can do that don't involve screens. Can you fill out the pyramid below on different things you would like to do less of, more of, and every day?

LESS

Example:
TV

Example: soccer, play outside

2-3X PER WEEK

Example: reading, helping someone, stretching

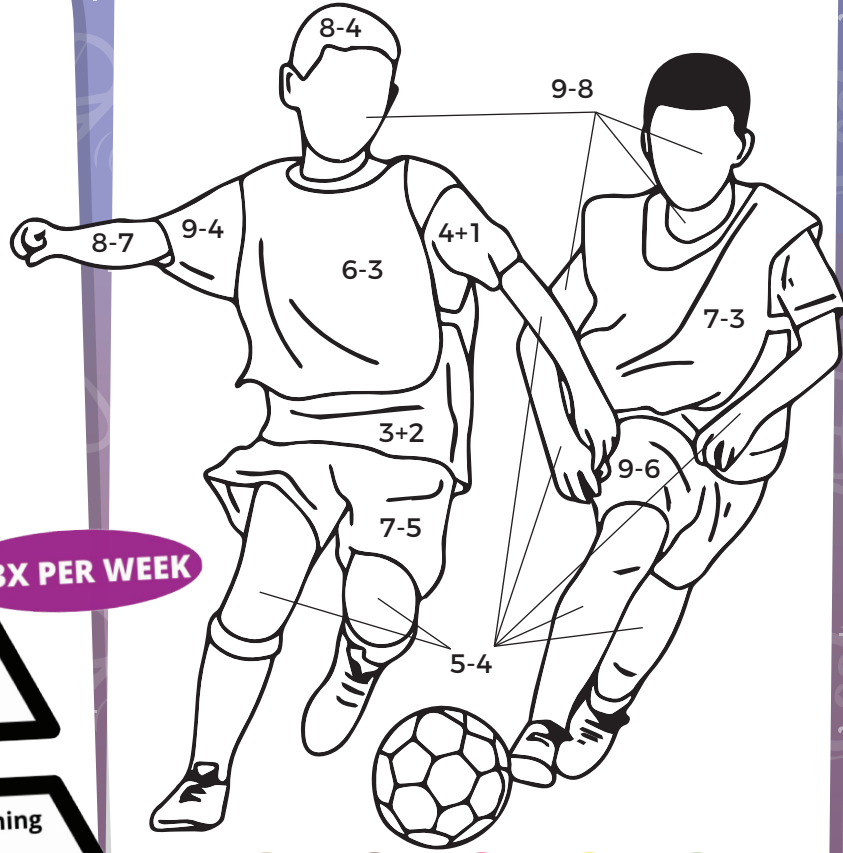
3-5X PER WEEK

Example: Smile, walking, eating fruits and veggies, laughing

EVERY DAY

COLOR BY MATH

Color the activity using the color chart below.



Name one or more of your favorite activities:



Celebrating 30 Years

www.independenthealthfoundation.org



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For more information and activities visit: www.FitnessForKidsChallenge.com

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