



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

COLOR IN ALL THE DEVICES YOU USED EACH DAY. REMEMBER, TRY TO KEEP IT UNDER 2 HOURS EACH DAY!



	TV	VIDEO GAMES	PHONE	TABLET	COMPUTER
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					

Activity Videos

CHECK IT OUT!

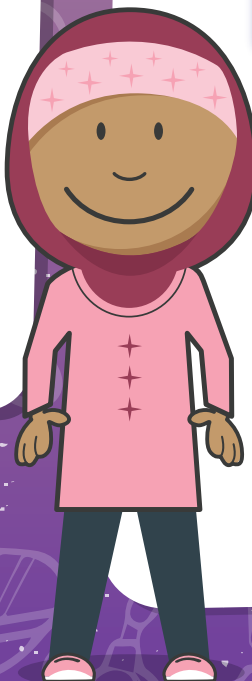
Check out our 95210+YOU activity videos brought you by Theatre of Youth, Kevin McCarthy, Rolly Pollies WNY and Jeff Musial the Animal Guy!

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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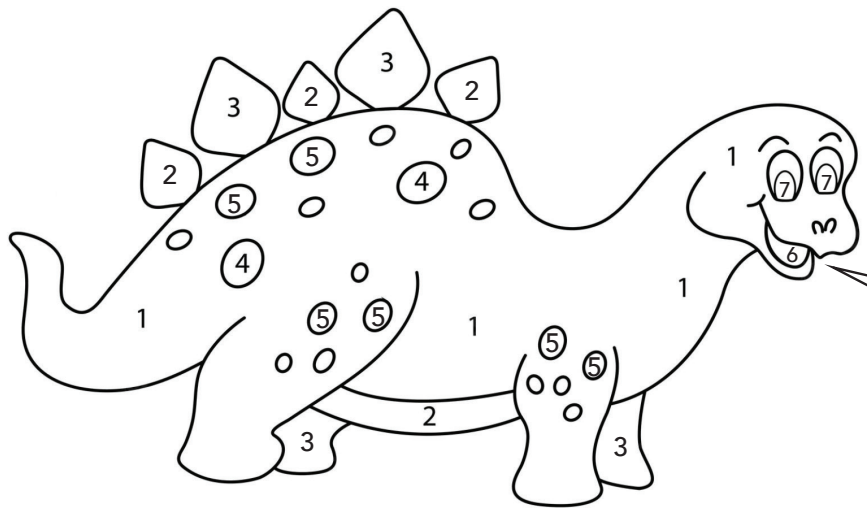
Challenge:

COLOR IN THE ACTIVITIES BELOW THAT DON'T INVOLVE SCREENS.
There are so many different ways you can be active and use your imagination without screens!



COLOR BY NUMBER

Color the dinosaur using the color chart below. Use your imagination to decide what the dinosaur's favorite activity is.



MY FAVORITE ACTIVITY IS



Name

Grade

Teacher



www.independenthealthfoundation.org

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

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