

# MAY

## NEWSLETTER

### 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 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](http://www.fitnessforkidschallenge.com/activityvideos)

### Track Yourself

What did you drink today? Write the amount of sugary drinks you had in the orange square. Try and aim for 0 sugary drinks every day!

DAY 1:	<input type="text"/>
DAY 2:	<input type="text"/>
DAY 3:	<input type="text"/>
DAY 4:	<input type="text"/>
DAY 5:	<input type="text"/>

### Activity...

#### LET'S TAKE A STRETCH BREAK!

Sitting at your desk, reach your arms all the way up to the sky. Hold this for 5 seconds. Then bend your body to the left, then to the right. Can you bend over in your chair and touch your toes? Hold this for another 5 seconds.



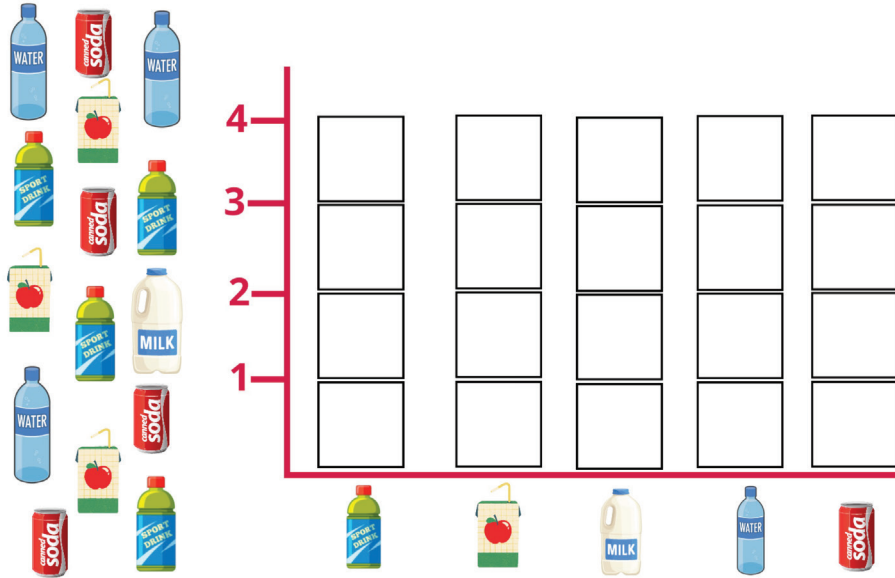
AN INDEPENDENT HEALTH FOUNDATION PROGRAM



# Challenge:

## WE ALL NEED WATER!

Can you count how many of each drink are on the left? Then, use the bar graph to color in a box for one you see. Which drinks are sugary drinks?



## COLOR BY MATH

Color the beverages using the color chart below. Circle the ones that are good for you.

$2+5$	$5-3$	$1+0$	$3+2$
apple juice	chocolate milk	orange juice	water



Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

