

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

Track Yourself

COLOR IN A WATER DROP FOR EVERY GLASS OF WATER YOU DRANK. TRY TO DRINK 8!

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

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.



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Challenge:

WE ALL NEED WATER!

Every living thing needs water to grow healthy and strong. Our bodies are made up mostly of water so it is important to drink lots of water!

Can you draw a line to match the object below with how much water you think it needs each day?



Child

158 cups



Giraffe

1 spoonful



Dog

34 cups



Flower

3 cups



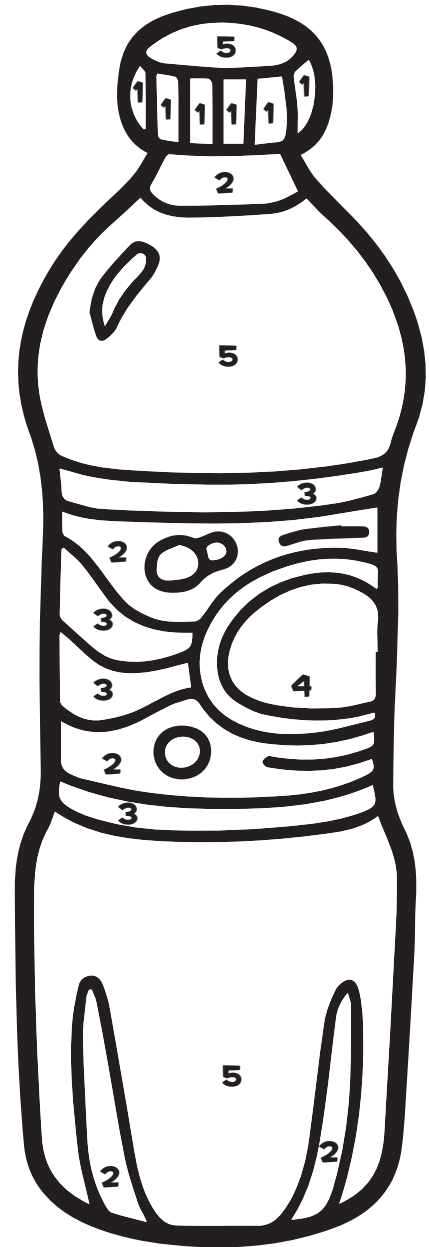
Apple tree

6 cups



COLOR BY NUMBER

Color the water bottle using the color chart below.



Name

Grade

Teacher

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

Independent Health FOUNDATION

Celebrating 30 Years

www.independenthealthfoundation.org

Fitness for Kids CHALLENGE

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