

March NEWSLETTER

Rachel'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!



2

2 HOURS OR LESS
OF SCREEN TIME

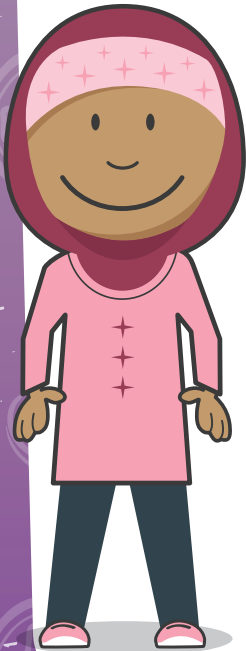


Be Your Best YOU!

Not being able to control everything can sometimes make us worry. Write some things you **cannot** control in the balloons below. Imagine these things floating away. What are some things you do have control over?

Activity

PICK A NUMBER & GET ACTIVE!



Find a partner to play this game with you whether it is an adult, brother, sister or friend. Have them pick a number from 1-50. If the number they pick is odd do 10 jumping jacks, if it is even do 10 squats. Take turns with each other and get moving!



**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

2023-2024 | 3-5

Challenge:

HEALTHY ALPHABET!

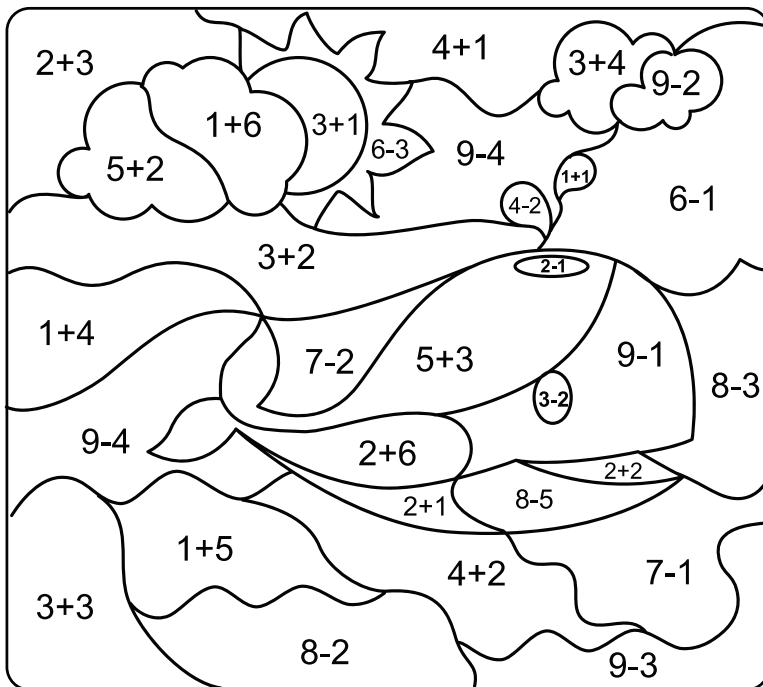
Can you think of a healthy activity that doesn't involve screens for each letter of the alphabet?!

A _____	I _____	R _____
B _____	J _____	S _____
C _____	K _____	T _____
D _____	L _____	U _____
E _____	M _____	V _____
F _____	N _____	W _____
G _____	O _____	X _____
H _____	P _____	Y _____
	Q _____	Z _____

COLOR BY MATH

Color the whale below. What do you think his favorite activity is?

1	5
2	6
3	7
4	8



Name _____

Grade _____

Teacher _____

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