

What is the Fitness for Kids Challenge?

OCTOBER NEWSLETTER

2024-2025 | K-2

Name

Grade

Teacher

The Fitness for Kids Challenge (FFKC) will teach you healthy habits all year long!

Do you know what healthy habits are? Healthy habits are things like eating fruits and vegetables, getting our bodies moving, learning about our feelings and emotions, getting enough sleep at night and more! Learning about these habits can help us to grow up strong and healthy! Our way to remember these healthy habits are by calling them the **95210+you** goals!



Jake



Emily



Tara



Alex



Marco



Amira



Rachel



Ranger

JOKE!

Why did the peanut get into a rocket?
He wanted to be an Astro-nut!

ACTIVITY:

Let's start by learning what each of the **95210+you** goals are! Can you draw a line from each goal to the picture you think has to do with each goal?

9

Get nine hours of sleep per night.

5

Eat five or more servings of fruits and vegetables per day!

2

Limit screen time to two hours or less per day.

1

Engage in one hour or more of physical activity per day.

0

Have zero sugary drinks per day.

+you

Be your best you!



**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

CHALLENGE:

Pick one of the new **95210+You** goals you just learned about. Can you think of a goal you want to reach this year that has to do with those healthy habits? Draw it below. Talk about this goal with a classmate, teacher, adult or friend! What are some things you can do to reach it?

My goal is:

9 5 2 1 0 +You

WORD SCRAMBLE

Each word below represents a **95210+You** goal. Can you use the picture clues to unscramble the words?



PYAHP



NABNAA



TPLOPA



LIK M



LSEPE



KEARENS