



1 HOUR OR MORE OF PHYSICAL
ACTIVITY EVERY DAY

APRIL NEWSLETTER

2024-2025 | 3-5

Name

Grade

Teacher

MARCO'S TIP:

Physical activity

keeps our bodies strong and healthy. Getting one hour or more each day will help you focus, have more energy, and gets your heart pumping.



ACTIVITY:

Think of your favorite animal.

Show us what movements they make, by using your arms and your legs! Do they fly? Flap your arms! Do they run fast? Run in place! Practice their movements for 30 seconds and see if a friend, brother, sister, adult can guess what animal you are!

I can run fast...



JOKE!

What did the baseball glove say to the ball? **catch you later!**

Get Active around WNY!

KIDS RUN

AN INDEPENDENT HEALTH FOUNDATION EVENT

Ready! Set! Go!

Kids Run Buffalo is back at Delaware Park on Saturday, June 7th. Sign up for this **FREE** family run today—Visit kidsrunbuffalo.com for registration and for more information.

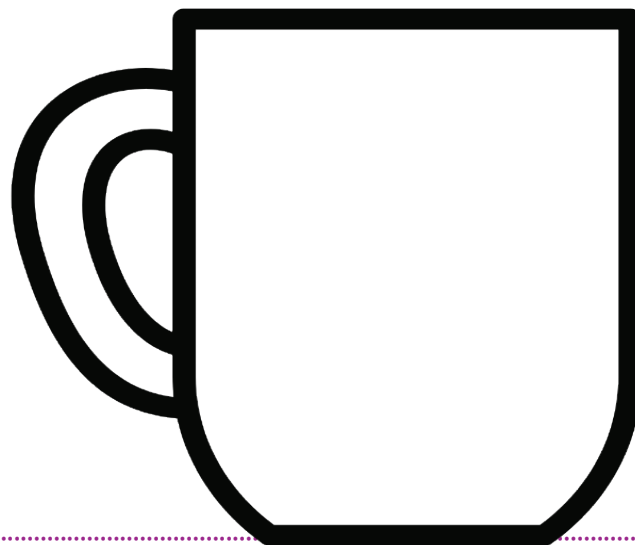
Fitness for Kids

CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

BE YOUR BEST YOU!

Fill up your cup! Write activities or things in the cup below that “fill up your cup” or make you happy! They can be things like: your friends, playing soccer, going outside, the sunshine, going to gym class, etc. See how many things you can fit inside!



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

CHALLENGE:

Can you fill in the blanks? See how many you can do of each exercise in 30 seconds and write it on the line below.

1. In 30 seconds I can do _____ **jumping jacks!**
2. In 30 seconds I can do _____ **sit ups!**
3. In 30 seconds I can do _____ **starfish jumps!**
4. In 30 seconds I can do _____ **marches in place!**
5. In 30 seconds I can **hop on one foot** _____ times!

What did you notice about your **heart rate** during these exercises?

What did you notice with your **breathing** during these exercises?

Why do you think it is important to **get up and get moving every day?**



WORD SEARCH

Find the activities below hidden in the puzzle:

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



**BASKETBALL - LACROSSE - GOLF - SOCCER
SWIMMING - TENNIS - BASEBALL - HIKING
YOGA - FRISBEE - DANCE - FOOTBALL**



Sign up for a FREE soccer program near you!

Visit

www.buffalosoccerforsuccess.com

for a list of dates, sites and for more information.



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