

GETTING FIT WITH FRIENDS

GOAL

1

Engage in 1 hour or more of physical activity every day.

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

CHALLENGE: GATHER UP YOUR FRIENDS AND GET MOVING!

Get together and shoot hoops, kick around a soccer ball, play street hockey or throw around a football or baseball. You don't need to be on a team to enjoy sports!

What activity did you enjoy with your friends?

What other activities could you do with your friends in the future?



Tip to take away: Playing with your friends is a great way to get some exercise and have fun too! Plus it makes exercising easier and more exciting when you have a friend or family member to join you. Keep yourself moving and get others moving with you!

