

TAKE A NATURE WALK

GOAL

2 Aim to limit TV watching or computer use for fun to **2** hours or less each day

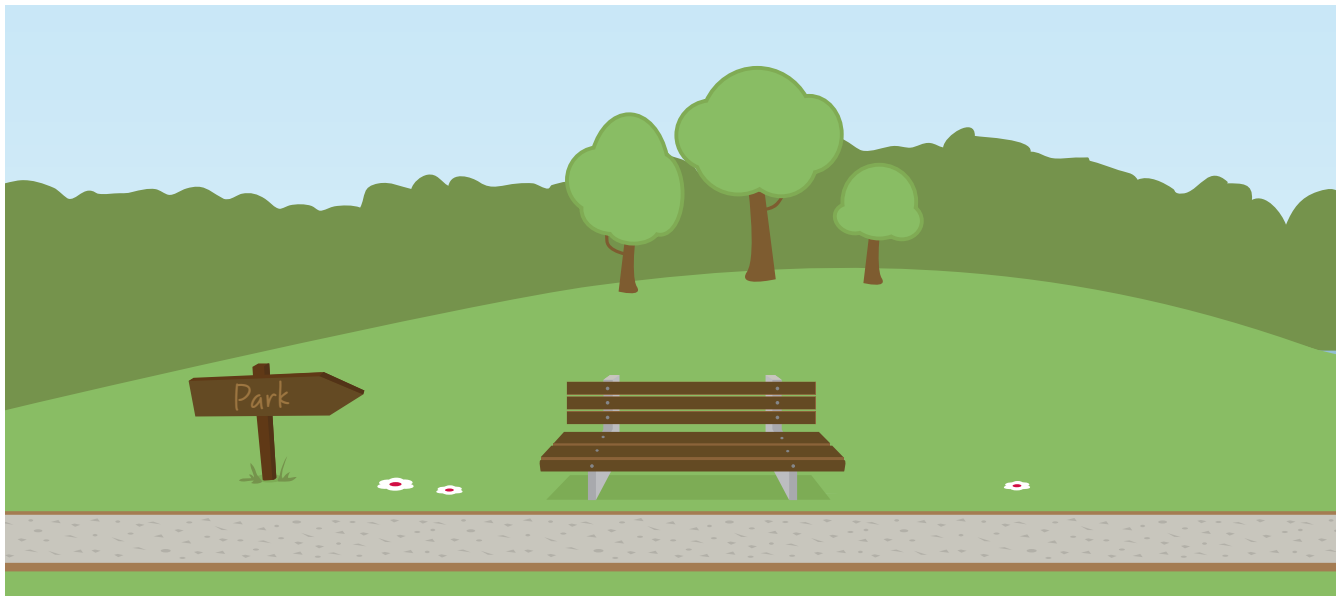
To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: GO FOR A STROLL AND ENJOY THE OUTDOORS!

For this activity ask your parents, grandparents or another adult in your home to take you to a park or other area where you can take a nature walk. Get out and enjoy the outdoors!

Did you spot anything interesting on your walk?

How long did you walk for? _____



Tip: Exercise and physical activity keep your heart strong. Your heart is a muscle, just like the muscles in your arms and legs. To get strong and stay strong, your heart needs exercise.

