

Sample Activities



Goal: 60 Minutes Daily!

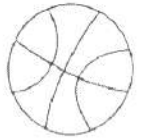
There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities.

- playing chase
- freeze tag
- playing catch
- climbing trees
- jumping rope
- riding a bike
- skateboarding
- playing basketball
- dribbling
- dancing
- swimming
- sledding
- walking the dog
- playing hopscotch
- running
- skating
- kicking a ball
- soccer
- flying a kite
- doing cartwheels
- riding your scooter
- jumping on the trampoline
- cleaning your room

You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 60 minutes of some activity each day for good health.



Physical Activity Log

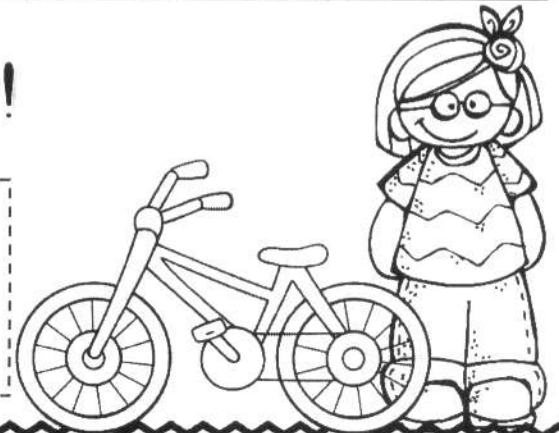


Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
<i>Wednesday</i> <i>3-25-14</i>	<i>Soccer</i> <i>15 min.</i>	<i>Walking</i> <i>30. min</i>	<i>Climbing</i> <i>trees 15 min.</i>	<i>60 min.</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

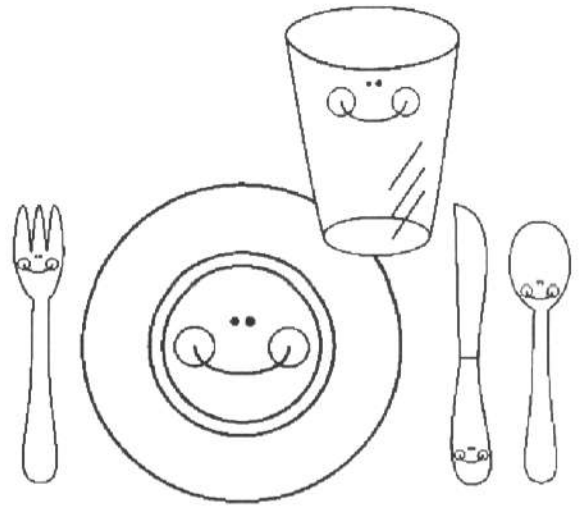
Goal: 60 Minutes Daily!

Name: _____

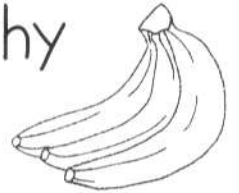
Week of: _____



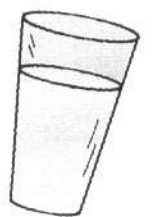
Nutrition for a Happy Plate & Healthy Life



- Half of your plate should be grains. Whole grains are best!
- Half of your plate should be vegetables & fruits. Fruits make a great healthy snack!



- Choose lean proteins. Try to choose some non-meat proteins. Beans, nuts, and eggs are proteins, too!
- Stick with low-fat dairy choices: milk, cheeses, yogurt, etc.
- Drink at least 8 glasses of water a day! Stay away from sugary soft drinks.



Nutrition Log

Do you have a happy plate?

Name: _____

Week of: _____



Fill in what you eat.

Color each glass of water you drink.

