




**Be Active  
for LIFE!**

Whatever activity you choose, move!



American Alliance for  
Health, Physical Education,  
Recreation and Dance

American Heart  
Association®   
Learn and Live™

# Every Body Move!

3-5  
Activity  
Sheet

I like to do these activities:

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**DID YOU KNOW?** Inside chores like vacuuming, dusting or scrubbing the bathroom are physical activities.

## Every Body Move! Word Search

Find the words shown below. All letters may be used more than once, and words may be spelled backward, forward, up, down or diagonally!

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

activity	dance	jump	run	tennis
baseball	hockey	physical	skate	walk

## TRY THIS AT HOME!

While you are playing computer games or watching TV, take a break at the end of each game or commercial. Stand up and do some jumping jacks to get your heart pumping! Do more jumping jacks each time, or add another activity such as jogging in place or dancing.

**Water!  
Water! Water!**

Don't forget to drink  
lots of water!



## Fill-in-the-Blank

If I can't have a conversation, I am exercising  
with \_\_\_\_\_ intensity.

If I can sing, I am exercising with  
\_\_\_\_\_ intensity.

If I can talk but I can't sing, I am exercising  
with \_\_\_\_\_ intensity.

*moderate, vigorous, light*

## Use Your Head!

Wear a helmet when  
you ride or skate!



Try dipping strawberries, apples or bananas in low-fat strawberry yogurt for a quick and easy snack.



## Recipe for Fitness

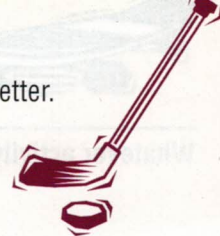
Make a fitness recipe book by yourself or with your family. You can write or research recipes and activities to help your family stay healthy. Illustrate your book or use photographs to show what you have done.

## Healthy Ladder Fill-in-the-Blank

Use words or phrases related to physical activity that begin with each letter.

Challenge your friends and family by making new word ladders!

(Example: H — Hockey)



H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

L \_\_\_\_\_

T \_\_\_\_\_

H \_\_\_\_\_

Y \_\_\_\_\_

### FIT CLUB

Ask your family to become members in your Fit Club. Choose activities you like to do together such as walking, swimming, dancing, skating or whatever you decide as a group. Be active with your family at least three times a week for at least 30 minutes per session. As a group, set goals and try to improve gradually over weeks. Make a chart and track your progress.



### FAMILY FUN

Here are some fun ways you and your family can be more active!

- Jump rope and see how many times you can jump without missing.
- Map out a course and go for a walk or bike ride.
- Invent a new dance and name it after your family.
- Make up races. Run to a tree, run around it three times, do 10 jumping jacks, run home. The winner makes up the next race.

### CAN YOU THINK OF OTHER WAYS TO BE ACTIVE?

\_\_\_\_\_

\_\_\_\_\_

## HOW FAR IS IT?

With your family or friends, estimate the following distances in your home:

- How many steps from the front door to your bedroom?
- How many steps to take out the trash?
- How many steps from your bed to the refrigerator?

### If you'd like, add other distances to your list.

Ask everyone to guess how many steps it will take to walk each distance and write their estimates on a piece of paper. Everyone should then walk the distances and write down the exact number of steps to each location. (If you have a pedometer, use it to determine distances.)

**How close are your estimates to the actual steps?** The winner is the person whose estimate is closest to the actual number of steps.