

Be an Explorer!

Ride your bikes or walk with your family and find something new in your neighborhood or the park.



Use Your Head!

Wear a helmet when you ride or skate!



American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association®

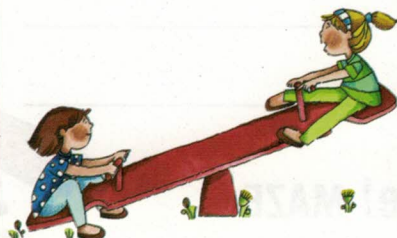


Learn and Live™

Every Body Move!

Circle the pictures that show physical activities.

K-2 Activity Sheet



Food Fun ABCs

A Be **A**dventurous! Try new foods.

B Begin your day with **B**reakfast! Start your brain working!

C Eat at least 6 servings daily of whole-grain **C**ereals, breads, pastas and starchy vegetables.

D **D**rink nonfat (skim) milk and eat low-fat dairy products at least twice a day!

E **E**xercise!

F Eat 5 or more servings daily of **F**ruits and vegetables.



Cut this out and keep it on the refrigerator. Fill in the date and time when you do some physical activity with your family or friends.

Family Activity Log

Day	Activity	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Rhyme Time

Build strong muscles and strong bones.
Fitness is fun, at school or at home!



Try This at Home!

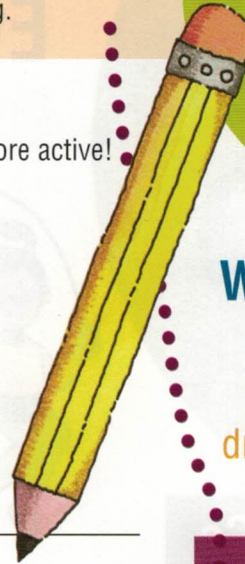


While you are reading or watching TV, take a break at the end of each chapter or commercial. Stand up and do some jumping jacks to get your heart pumping! Do more jumping jacks each time, or add another activity such as jogging in place or dancing.

Recipe for Fitness

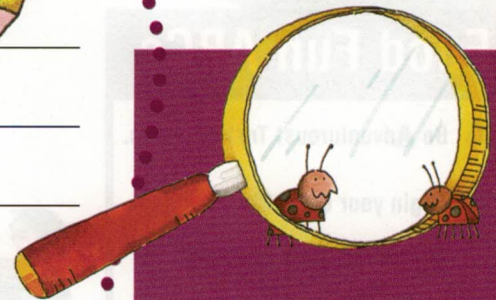
Mix:

- 1 ball to play with
- 2 legs to kick and run
- Add a dash of excitement
- It's a recipe for fun!



Water! Water! Water!

Don't forget to drink lots of water!



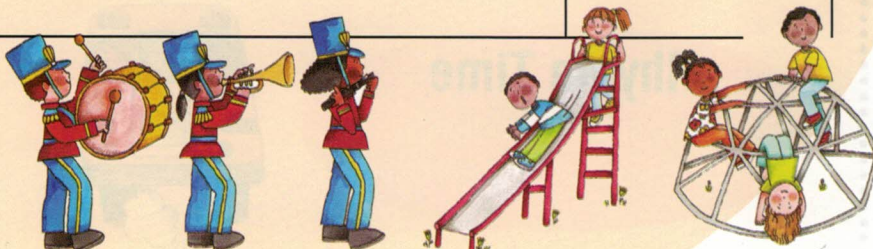
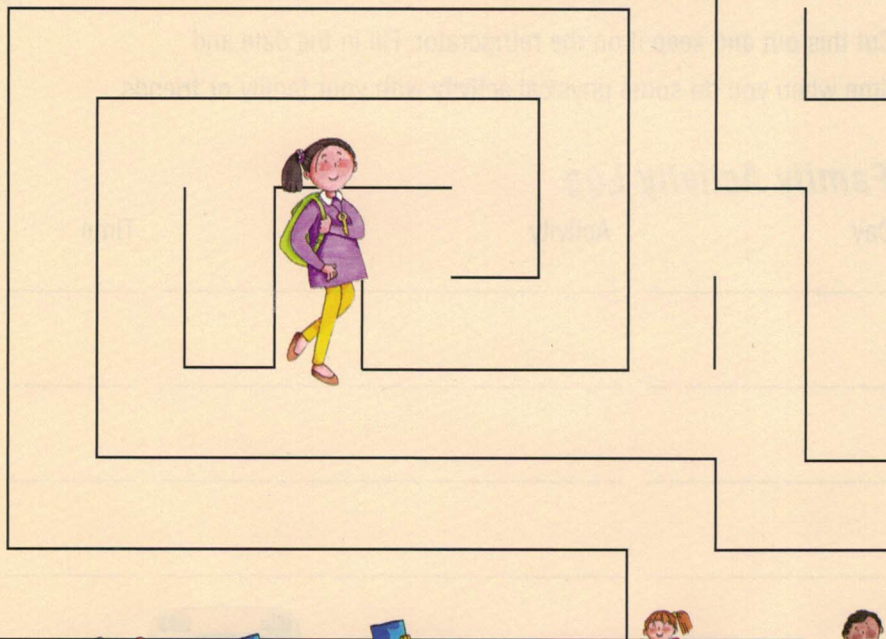
Family Fun

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

- Play duck, duck, goose or red light, green light!
- See who can jump rope for the longest time.
- 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?

I Want To Go Outside! MAZE



ASK a parent or older brother or sister to help you use the computer to find out about health and fitness.

Q: Why should you never tell a secret on a farm?

A: Because the corn has ears.

Q: What runs but never walks?

A: Water!