

WELLNESS FOR LIFE

“Being healthy is not a sprint, it’s a marathon.” That means we need to keep our healthy habits not just for today, but for our entire lives. Creating healthy habits today will help set healthy habits later on in life.

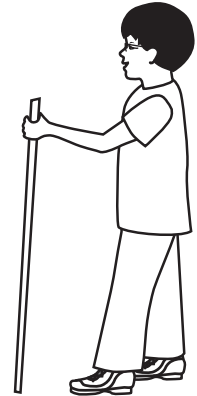
Lifetime Activities There are many activities you can learn now that will help you stay active for the rest of your life. Write the name of each activity underneath the picture and then color the ones you would like to do!











DISC GOLF

Ready

- 1 flying disc (or other tossable) per player
- An outdoor area with various objects to use as targets

Set

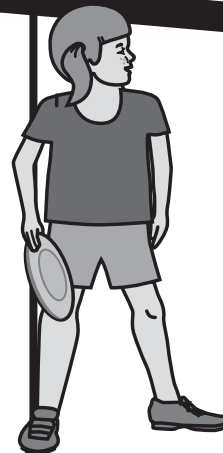
- All players begin at the same spot.
- Choose something in the area (like a tree or fence post) that your child could reach in 2-4 throws. This will be “hole #1.”

GO!

1. The object is to throw your disc to the target in as few throws as possible.
2. The youngest player is 1st to throw.
3. After all have tossed, the person who is farthest away from the target throws next.
4. Count how many throws it takes to reach the target.
5. Next, choose another object and begin again on “hole #2.”
6. Continue for 9 “holes.”
7. Your final score is the total number of throws plus your age!

Here are a few good habits to help you stay healthy for life -


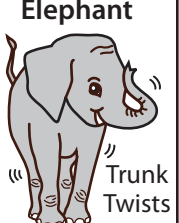
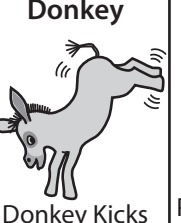


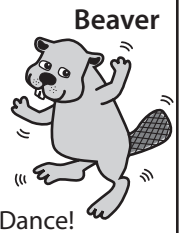
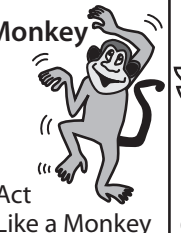


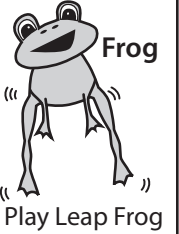
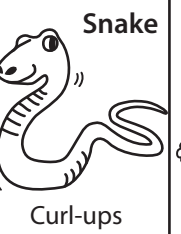


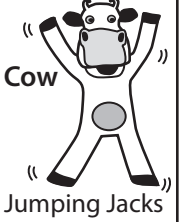
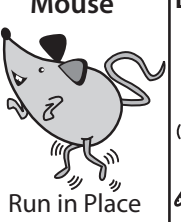

- S**elect fruits and vegetables.
- P**lay actively for 30-60 minutes a day.
- A**void excess sugar and fat.
- R**educe television and media time.
- K**eep H₂O the way to go.





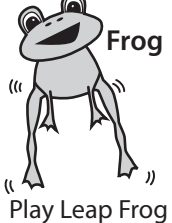
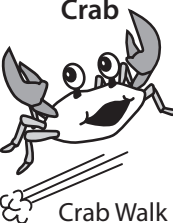
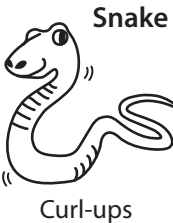





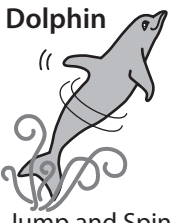







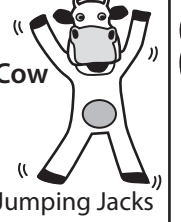


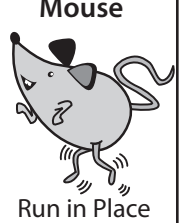




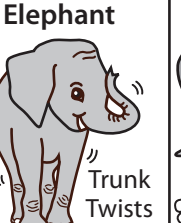

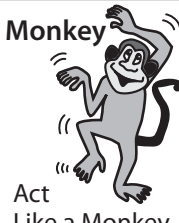
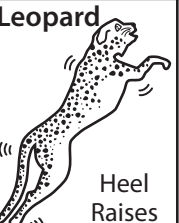
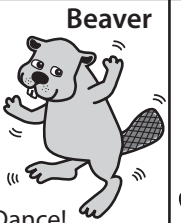
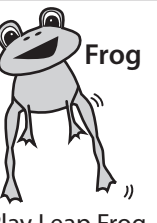
SPARK™
K-2

ANIMAL ACTION BINGO

- * Play with 2 or more people.
- * The first player chooses an animal on their card, and all players do the activity in that animal's box.
- * Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase the number by 5.
- * Once you have completed an animal's activity, cover the box with a marker (a coin or button).
- * Then the next player chooses a new animal activity on their card.
- * The first player to get 4 in a row, column, or diagonal scores a BINGO!
- * How many times can you play Animal Action BINGO this month?

 Crab Walk	 Trunk Twists	 Donkey Kicks	 Puppy Dog Run
 Hamstrings Stretch	 Dance!	 Act Like a Monkey	 Do the Chicken Dance
 Jump and Spin	 Play Leap Frog	 Curl-ups	 Ski Jumps (side to side)
 Hop on 1 Foot	 Jumping Jacks	 Run in Place	 Heel Raises

 Heel Raises	 Act Like a Monkey	 Run in Place	 Hop on 1 Foot
 Play Leap Frog	 Crab Walk	 Curl-ups	 Jumping Jacks
 Puppy Dog Run	 Hamstrings Stretch	 Ski Jumps (side to side)	 Do the Chicken Dance
 Jump and Spin	 Donkey Kicks	 Trunk Twists	 Dance!

 Do the Chicken Dance	 Curl-ups	 Jumping Jacks	 Hamstrings Stretch
 Ski Jumps (side to side)	 Run in Place	 Puppy Dog Run	 Jump and Spin
 Donkey Kicks	 Hop on 1 Foot	 Trunk Twists	 Crab Walk
 Act Like a Monkey	 Heel Raises	 Dance!	 Play Leap Frog