



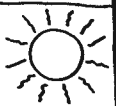


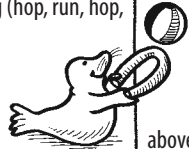




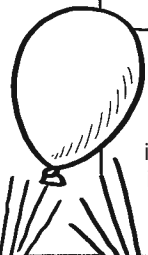

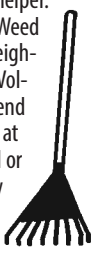

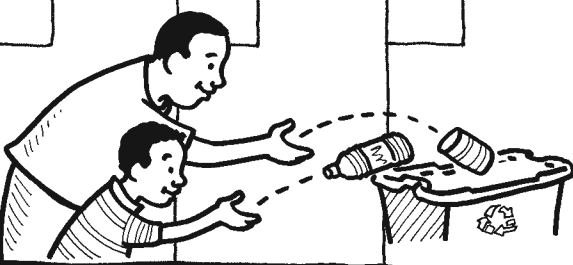







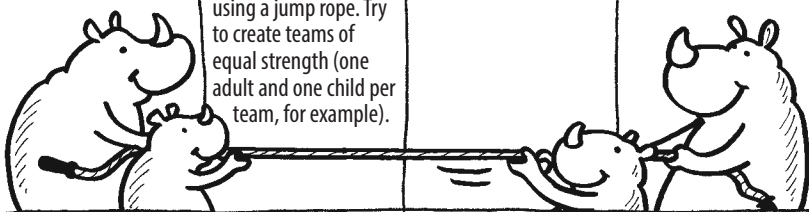



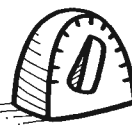



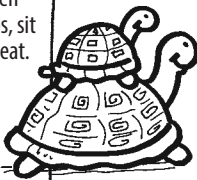

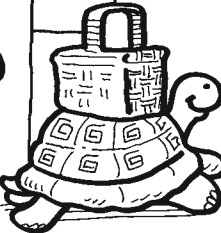
**Note to parents:** Fill in the month and dates, and keep your children active every day with these fun ideas!

# Fitness Fun for Every Day

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Toss a ball back and forth. Each time someone catches it, he takes a step back. How far apart can you move and still catch the ball?</p> 	<p>Jump rope while reciting rhymes. For ideas, get a book like Joanna Cole's <i>Anna Banana</i>, or search online for "jump rope rhymes."</p> 			<p>Learn new basketball moves. Try dribbling a ball in front of you, to the side, and through your legs.</p>	<p>Take a nature walk. Starting with A, name living things that begin with each letter of the alphabet (ant, bird, crocus).</p> 	 <p>Play shadow tag on a sunny day. "It" chases the other players, trying to step on their shadows. If your shadow is caught, you're "It."</p>
		<p>Have a dance party. Invite friends to dance to upbeat music. Or play musical chairs, dancing as you circle the seats.</p>	<p>Practice patterns while exercising. For example, alternate hopping and running (hop, run, hop, run).</p> 	<p>At the pool, play "tennis" with a beach ball and two pool noodles. Bend the noodles so you're holding both ends. Use them to bat the ball back and forth above the water.</p>	<p>Tape four rows of three paper plates to the floor, and number them 1-12. Take turns tossing two dice and placing a hand and foot on the numbers rolled.</p> 	<p>Read a biography of a famous athlete. Choose one thing the person does to stay in shape, and try it as a family.</p> 
<p>Invent a new jump, and do it 10 times. <i>Example:</i> Put one foot on the opposite knee, and jump sideways.</p>	<p>Play a fast-paced version of hide-and-seek. Have one person hide a ball or another object, and race to find it.</p>	<p>Teach your parent an exercise you learned in PE class. Do the activity together.</p> 	<p>Cover a die with squares of masking tape, and write an action on each side. Toss it, along with a regular die, to see what to do (squat) and how many times to do it (4).</p> 		<p>Give each person a spray bottle filled with water. Blow up a balloon, and have everyone keep it in the air by spraying it with water.</p> 	
<p>Set up exercise stations in the family room, and "do the circuit." <i>Examples:</i> a mat for sit-ups, a sturdy stool for stepping up and down.</p> 	<p>Be an active helper. Weed or rake a neighbor's yard. Volunteer to tend the garden at your school or community center.</p> 	<p>Hold a broad-jump contest. With sidewalk chalk, mark a starting point. Have each person jump and write his initials where he lands.</p>	<p>Graph family members' heart rates. Take everyone's pulse before and after running a lap around your yard.</p>	<p>Play Follow the Leader at a playground. Lead your parents and siblings up the ladder, down the slide, and across the monkey bars.</p> 		
		<p>Gather empty cardboard boxes and plastic bottles. Stand 6 feet away from a recycling bin, and toss them in.</p> 	<p>Have a pillowcase race. Each person stands in a pillowcase, holds the edges up with both hands, and hops to the finish line.</p>	<p>Do 10 exercises in a row. The catch? You can't do the same move twice! <i>Examples:</i> push-ups, lunges.</p>		

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Celebrate the start of a new month with a trip to a skating rink, bowling alley, miniature golf course, or swimming pool.</p> 	<p>Lead an active story time. Read a short book, and have everyone move with the characters (go upstairs, open the door).</p>	<p>Choose a word of the day (<i>play</i>). Every time you hear the word, do 5 jumping jacks or cartwheels.</p> 	<p>Pretend you are picking apples. Stretch up with your left hand, then your right. Repeat 20 times.</p> 	<p>Lift weights while helping to put groceries away. Take turns doing biceps curls with soup cans (5 repetitions with each arm) before putting them in the pantry.</p> 		
<p>Wage a tug-of-war in a grassy area using a jump rope. Try to create teams of equal strength (one adult and one child per team, for example).</p> 	<p>Choose a movement, such as knee bends. Call "Green light!" and everyone does the exercise. Say "Red light!" and everyone stops.</p>	<p>Outside on a hot day, fill balloons with water, and give each person a bowl. See how long you can toss each balloon from bowl to bowl without it bursting.</p> 	<p>Have each family member write his name on an old tennis ball. Take turns rolling your balls across the yard or floor. Who can roll his ball the farthest?</p>			
<p>Combine homework and working out. Jog in place while you recite the states and capitals, for instance. Every time you get one right, touch your toes.</p>	<p>Place old pillows on the floor. Do forward rolls across the room. Then, tiptoe back.</p> 	<p>Go fly a kite! On a windy day, head to an open field with your family. Take along a few kites—and a lot of energy!</p> 	<p>Set a timer for 10 minutes. Straighten up clutter, mop, dust, or vacuum as fast as you can.</p> 	<p>With a friend, kick a soccer ball to each other. Each time, call out a body part (foot, arm, knee) that the other person must use to stop the ball.</p>		
<p>Head to a local baseball field. Throw, catch, and hit a ball. Or make a diamond in your yard using old doormats or small rugs as bases.</p> 	<p>Pretend to be different animals. Hop like a frog, leap like a deer, or slither like a snake.</p>	<p>Put a strip of wide masking tape on the floor or sidewalk. Walk the "balance beam" forward, backward, and sideways.</p>	<p>Play an active version of Mother, May I. Give commands like "Do 5 giant arm circles" or "Do 10 leg lifts."</p>	<p>Plan an "unplugged day" with no TV, computer, or video games. Instead, ride scooters, go on a leaf hunt, or play a neighborhood flag football game.</p> 		
<p>Write exercise challenges on slips of paper. Put them in a bag, and take turns pulling out one at a time. <i>Examples:</i> Do a split, walk on your hands.</p> 	<p>Pack a dinner picnic, and walk around a school track. When you finish your laps, sit in the middle and eat.</p> 	<p>Practice jumping hurdles. Get a running start, and jump over several items (a folded blanket, an upside-down bucket) placed 20 feet apart.</p>  				

*Editor's Note:* Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

## Nutrition Nuggets™

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