



Name: _____

HERE'S HOW I CAN BE FIT AND HEALTHY!

1. **Exercise every day!** Kids should exercise at least _____ minutes every day!
2. **Do Different Types of Exercise!** Our bodies do best when we do some of each type of exercise.

CARDIOVASCULAR exercise(s) I enjoy: _____

STRENGTH TRAINING exercise(s) I enjoy: _____

BALANCE exercise(s) I enjoy: _____

STRETCHING exercise(s) I enjoy: _____

3. **Eat Right to Fuel My Fitness!** Grains, fruits, nuts, and seeds are great snack options.

My Favorite High-Energy Snacks Are: _____

4. **Drink Healthy Beverages!** Water is always a great choice. Lowfat milk, soymilk, and almond milk are good choices for after a game, practice, or long exercise session.



Use this space to draw a picture of yourself exercising, or enjoying a healthy energizing snack!