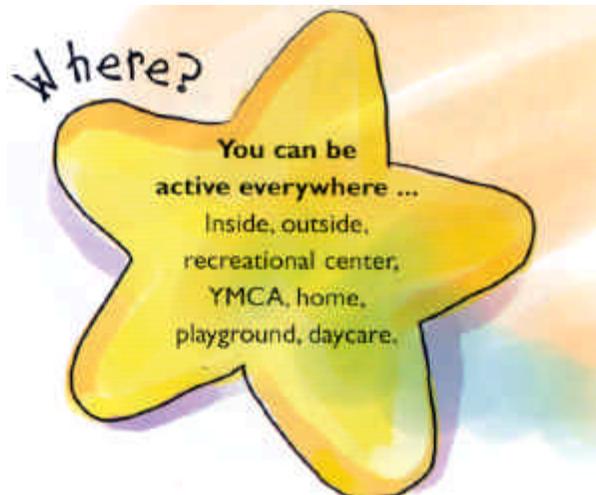


Get Moving! Be Active!



Get your child...and yourself moving!

Get at least 30 minutes of physical **activity** 7 days a week.



Creative Activities

Juicy-Crunchy Bowling: Set up 6 empty frozen juice cans or cereal boxes at one end of a room. Stand at the other end with a ball and roll the ball into the cans or boxes. Count the number knocked down.

Scooper Catch: Cut the bottoms off two empty plastic gallon milk jugs. Tape up any sharp edges and use the "catchers" to play catch.

Freeze Dancing: Play music and dance. When the music stops everyone freezes. Start dancing again when the music comes on.

Basketball Cleanup: Use a box as a basketball hoop. Have child pick up toys, books, and games and drop them in the box for points.

Marching Band: March around the house with homemade instruments: dry beans in a jar to shake, spoon banging on pots, and rubber bands on containers.

Box Buildings: Stack empty boxes and jump over or knock down. Keep building higher buildings.

Seven Days of Fitness For My Family!

Here's what we're going to do on...	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Remember to drink lots of water when you are running, jumping and playing!