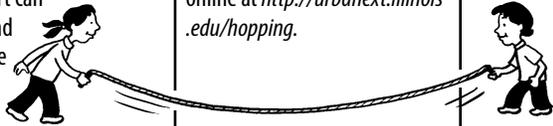
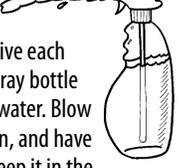
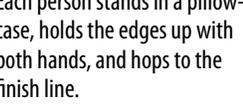


Note to Parents: Fill in the month and dates, and keep your child active every day with these fun ideas!

DAY-BY-DAY FITNESS FUN

MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Toss a ball back and forth with a friend. 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 look online at http://urbanext.illinois.edu/hopping.</p> 	<p>Learn some new basketball moves. Try dribbling a ball in front of you, to the side, and through your legs. Dribble fast, and dribble slowly.</p> 	<p>Take a family nature walk in the park. 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 wear sneakers and comfortable clothes. Dance to fast music, or play musical chairs.</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. Bat the ball back and forth without letting it hit the water.</p> 	<p>Tape four rows of three paper plates to the floor, and number them 1 to 12. Take turns tossing two dice and placing a hand and foot onto the numbers rolled.</p> 	<p>Read a biography of a famous athlete. Choose one thing he 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 an object (a ball), and race to find it.</p> 	<p>The next time you go shopping with your child, sneak in some exercise. Do a lap or two around the mall or grocery store before starting your errands.</p> 	<p>Teach your parent an exercise you learned in PE class. Do the activity together.</p> 	<p>Put masking tape on each side of a die, and write actions on the sides. Toss it, along with a regular die, to see what to do (squat) and how many times to do it (four).</p> 
<p>Set up exercise stations in the family room, and spend 5 minutes at each one. <i>Examples:</i> a mat for sit-ups, a sturdy stool for "step-ups" (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, then write his initials where he lands.</p> 	<p>Graph family members' heart rates. Take everyone's pulse before and after running around your yard.</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>Make biking a part of your family routine. Together, bike to the pool, to meet friends, or to the post office. On weekends, take bike rides on a neighborhood fitness trail.</p> 	<p>Play Follow the Leader at a neighborhood playground. Lead your parents and siblings up and down the sliding board, across the bars, and high up in the swings. The goal is to keep moving!</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 across the family room or basement. Each person stands in a pillowcase, holds the edges up with both hands, and hops to the finish line.</p> 	<p>Pretend you are picking apples. Stretch up with your left hand, then your right. Repeat 20 times.</p> 

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Nutrition Nuggets

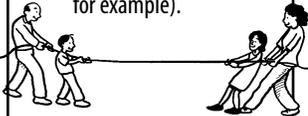
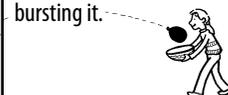
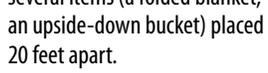
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DAY-BY-DAY FITNESS FUN

					MONTH				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Celebrate the start of a new month with a trip to a skating rink, bowling alley, miniature golf course, or swimming pool.		See how many ways you can throw a ball. With a friend or parent, take turns tossing a ball to each other—using a new way each time. <i>Examples:</i> bounce it, throw it backward.		Choose a word of the day (play). When you hear the word, do 5 jumping jacks or cartwheels.		Do 10 exercises in a row. The catch? You can't do the same move twice! <i>Examples:</i> push-ups, lunges.		Lift weights while helping to put groceries away. Take turns doing biceps curls with soup cans (5 with each arm), before putting them in the pantry.	
									
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).		Choose a movement, such as knee bends. Call "Green light!" and everyone does the exercise. Say "Red light!" and everyone stops.		Outside on a hot day, fill several balloons with water, and give each person a bowl. See how long you can toss each balloon from bowl to bowl without bursting it.		Play Simon Says. The leader calls out directions like "march in place" or "stretch up high." Follow the commands only when you hear "Simon Says," or you're out!		Combine homework and working out. Jog in place with a parent while you recite the states and capitals.	
									
Lay down a row of pillows on the floor. Do forward rolls from one end to the other. Then, do backward rolls in the other direction.		Go fly a kite! On a windy day, head to an open field with your family. Take along a few kites, some string, and run along with the kites.		Set a timer for 10 minutes. Straighten up clutter, mop, dust, or vacuum—as fast as you can!		Have fun with a soccer ball. Dribble the ball while a friend or parent calls out a body part (foot, arm, knee). Use that body part to stop the ball. Then, swap roles.		Hold an active story time. Read a short book, and have everyone move with the characters (go upstairs, open the door).	
									
Take turns pretending to be different animals. Hop like a frog, leap like a deer, or slither like a snake.		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.		Put a strip of wide masking tape on the floor or sidewalk. Take turns crossing the "balance beam" forward, backward, and sideways.		Play an active version of Mother, May I? Give commands like "Do 5 giant arm circles" or "Do 10 leg lifts." Players ask, "Mother, may I?" before starting.		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.	
									
Play a game of tag using flashlights. Or play "moonball catch" by putting glow-in-the-dark stickers on a regular ball.		Write exercise challenges on individual 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.		Pack a dinner picnic, and walk around a school track. When you finish your laps, sit in the middle and eat.		Practice jumping hurdles. Take a running start, and jump over several items (a folded blanket, an upside-down bucket) placed 20 feet apart.		Follow along with an aerobics video from the library or online.	
									

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