

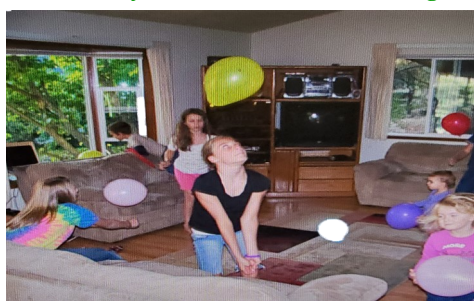
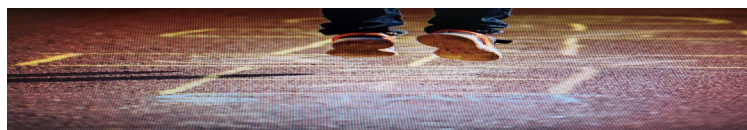
Newsletter

YUMA ES 2021

SUMMER TIME ACTIVITIES

In school kids often get extra screen time when there is indoor recess. Let's switch this back around and replace screen time with physical activity! Here are a few ideas to see that kids are getting physical activity this summer:

- Turn on music and have a dance party.
- Set up an obstacle course.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Play active games like: Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, Twister.
- Play Balloon Volleyball: Blow up some balloons and, while facing each other, hit the balloon back and forth so that the "volleyball" doesn't touch the ground.



FAMILY ACTIVITIES!!!

WHO: You and your family

WHAT: 1 hour of physical activity

WHEN: Every day if you can!!!

WHERE: Outside—or inside if it's too dark out



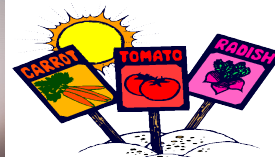
HOW: Ditch the social media, pick an activity, and GO! GO! GO!

Tips for getting started:

- Create a healthy environment for your family by doing physical activity together.
- Leave electronic devices in a designated area and have the whole family do fun activities together.
- Pick a variety of activities to work on strength, endurance, and flexibility (e.g. play tug-o-war on Monday, play tag on Tuesday, and do yoga poses/stretching on Wednesday).
- Track your activity and encourage each others along the way to having a stronger, healthier family.
- Pick from: Biking • Hula-Hooping • Walking • Jumping Rope • Running • Soccer • Tag • Hopping • Yoga • Frisbee • Hiking • Scavenger Hunt • Dancing • Tennis • Jogging • ping • Basketball • Tug-O-War • Roller Skating

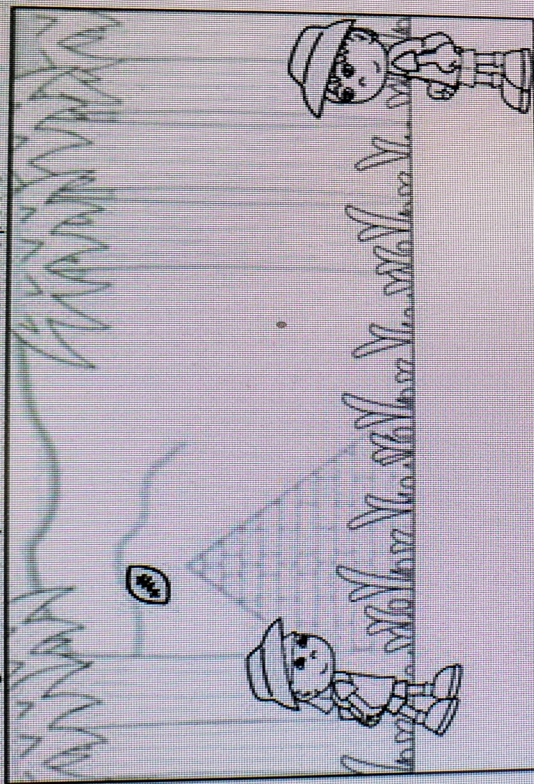
5-2-1-0 EVERY DAY!

- Aim to eat a wide variety of brightly colored **fruits and vegetables**.
- **Fill half of your plate** with fruits and/or vegetables.
- Frozen and canned are just as nutritious as fresh.
- Try new fruits and vegetables to discover what you like!
- **Keep TV and computer out of the bedroom.**
- **No screen time under the age of 2.**
- **Turn off screens during meal time.**
- Plan ahead for your screen time instead of just turning it on.
- **Take a family walk.**
- **Turn on the music and dance.**
- **Use the stairs.** • **Choose activities that you enjoy!**
- **Keep sugary drinks out of the grocery cart.**



Be Active Every Day for at Least 60 minutes and you will be a 'Move-It' Kid!

After kicking the football, explorers like to throw it. Color this picture.



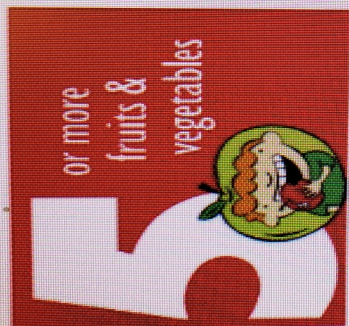
Explorers eat healthy foods so they have energy to be active, play and have lots of fun.
Can you find the words hidden in this puzzle?

Y	D	E	V	O	M	J	P	N	G
I	G	E	C	J	Y	E	Y	I	J
D	M	A	Z	P	C	P	M	U	J
E	R	M	P	V	Z	J	M	Z	F
A	B	I	C	Y	C	L	E	I	X
A	C	T	I	V	E	R	C	T	A
J	L	P	E	F	U	N	N	H	N
W	A	L	K	P	Y	C	A	P	U
L	M	Q	R	R	B	G	D	M	R
C	L	F	Q	J	I	I	W	X	Y

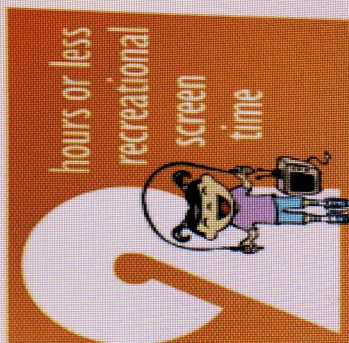
Visit www.One4Schools.com for printable worksheets for kids, nutrition education games, puzzles, activities and more!
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5210 Every Day!

Follow the 5210 message to a healthier you.



- Try new fruits and vegetables multiple times.
- A meal is a family affair—have the family help plan meals.
- Frozen and canned are just as nutritious as fresh.



- Keep TV and computer out of the bedroom.
- No screen time under the age of two.
- Turn TV off during meal time.
- Plan your TV viewing ahead of time.

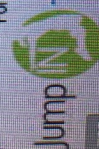


- Let physical activity be free, easy and fun!
- Take a family walk.
- Turn on the music and dance.
- Use the stairs.



- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand.
- Put limits on 100% juice.

For more ideas visit www.JumpINforHealthyKids.org



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