



HEALTHY KIDS CORNER

Make Moving Fun!

What are your favorite ways to move? Kids need 60 minutes of exercise daily. How do you get your 60 minutes?

Moving your body helps you grow strong and healthy. Exercise also helps improve your mood, sleep, and concentration.

Think about it!

Do you get enough exercise every week? Write down each day of the week that you move your body (active play) or exercise for more than 60 minutes:

What are some ways to move more during your day?

Some ways to get exercise in small spaces:

- ◇ Jump rope
- ◇ Jumping jacks
- ◇ Dance parties
- ◇ Wrestling
- ◇ Housework
- ◇ Climbing stairs
- ◇ Yoga or stretching
- ◇ Hula Hoop
- ◇ Follow along with an exercise video online

Try it!

<https://youtu.be/oc4QS2USKmk>

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