



HEALTHY KIDS CORNER

1 Week Be Active Challenge!

Go on an exercise hunt around your house or a park! Pick one area for each type of movement and rotate through exercises, doing each one for 30 seconds at a time:



Cardio
(dancing or jumping jacks)
Keeps your heart and lungs healthy!



Stretching
(reach for the sky, reach for your toes)
Keeps muscles strong & flexible



Strength
(squats or push-ups)
Grows strong bones



Balance
(stand on one foot)
Helps you avoid falls & keep your focus

How many times are you active in one week? Cross off one running person for each time you are active!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED

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