

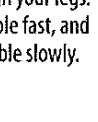
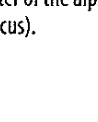









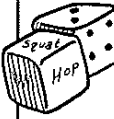
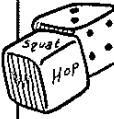




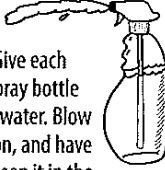


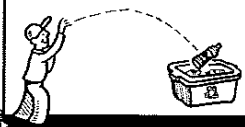
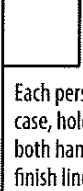



*Note to Parents: Fill in the month and dates, and keep your child active every day with these fun ideas!*

# 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 <a href="http://urbanext.illinois.edu/hopping">http://urbanext.illinois.edu/hopping</a>.</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. Example: 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. Examples: 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> 

*Editor's Note: Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.*

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## Nutrition Nuggets

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