




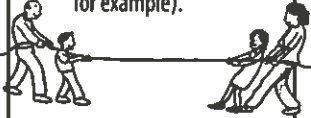










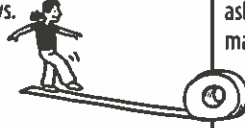







Note to Parents: Fill in the month and dates, and keep your child active every day with these fun ideas!

DAY-BY-DAY FITNESS FUN

MONTH

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Celebrate the start of a new month with a trip to a skating rink, bowling alley, miniature golf course, or swimming pool.</p> 	<p>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.</p> 	<p>Choose a word of the day (play). When you hear the word, do 5 jumping jacks or cartwheels.</p> 	<p>Do 10 exercises in a row. The catch? You can't do the same move twice! <i>Examples:</i> push-ups, lunges.</p> 	<p>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.</p> 
<p>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).</p> 	<p>Choose a movement, such as knee bends. Call "Green light!" and everyone does the exercise. Say "Red light!" and everyone stops.</p> 	<p>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.</p> 	<p>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!</p>	<p>Combine homework and working out. Jog in place with a parent while you recite the states and capitals.</p> 
<p>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.</p> 	<p>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.</p> 	<p>Set a timer for 10 minutes. Straighten up clutter, mop, dust, or vacuum—as fast as you can!</p> 	<p>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.</p> 	<p>Hold an active story time. Read a short book, and have everyone move with the characters (go upstairs, open the door).</p> 
<p>Take turns pretending to be different animals. Hop like a frog, leap like a deer, or slither like a snake.</p> 	<p>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.</p> 	<p>Put a strip of wide masking tape on the floor or sidewalk. Take turns crossing the "balance beam" forward, backward, and sideways.</p> 	<p>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.</p> 	<p>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.</p> 
<p>Play a game of tag using flashlights. Or play "moonball catch" by putting glow-in-the-dark stickers on a regular ball.</p> 	<p>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.</p>	<p>Pack a dinner picnic, and walk around a school track. When you finish your laps, sit in the middle and eat.</p> 	<p>Practice jumping hurdles. Take a running start, and jump over several items (a folded blanket, an upside-down bucket) placed 20 feet apart.</p>	<p>Follow along with an aerobics video from the library or online.</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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