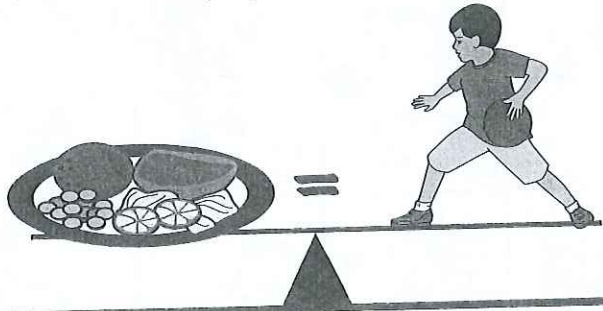
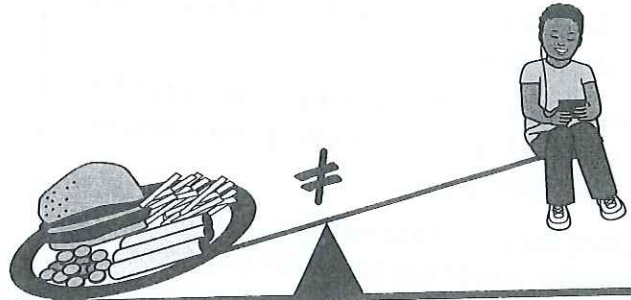


Staying Healthy is a Balancing Act

When the amount of energy coming in to your body (NUTRITION) is equal to the amount of energy you burn (PHYSICAL ACTIVITY), you will maintain (stay the same) a healthy weight.

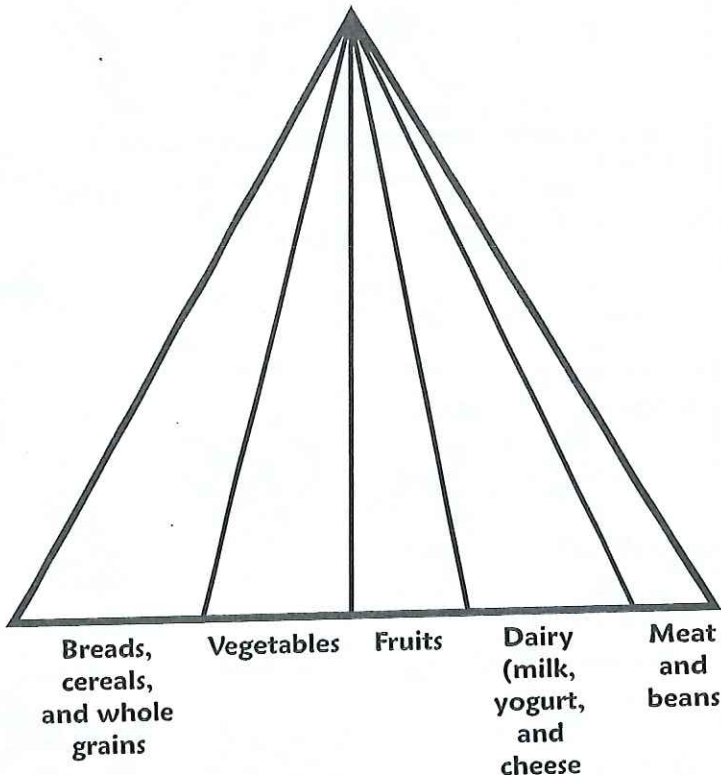


When the energy coming IN is greater than the energy going OUT, there is an imbalance. The excess energy (food) is stored in your body as fat.



Energy In = Nutrition

All foods can fit into a healthy, balanced diet. A balanced diet includes moderate portions of foods from the 5 food groups every day. Draw your favorite food in each of these groups.



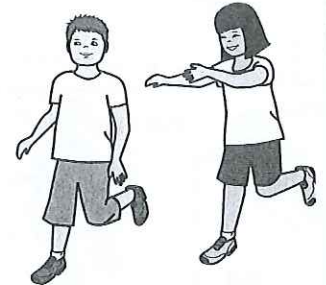
Energy Out = Physical Activity

Physical activity burns the energy you eat and helps you maintain a healthy weight.

Try to be physically active for at least 60 minutes every day. Do activities you enjoy! Below are some ideas. Circle the ones you want to try.



Jumping rope



Playing tag games



Playing catch



Walking, jogging, or running

READ ALL ABOUT IT!

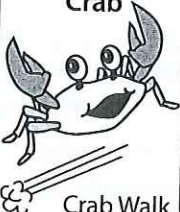
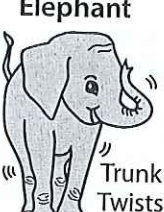


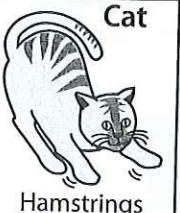

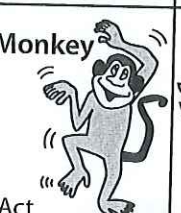
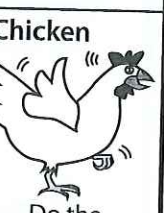
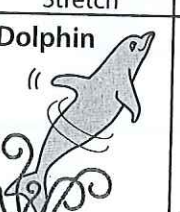
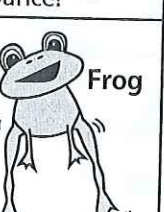
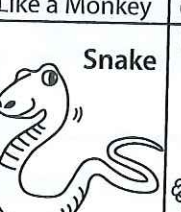

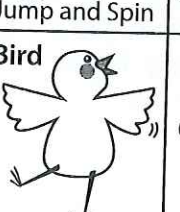

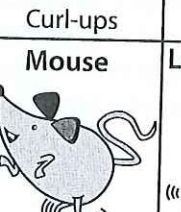
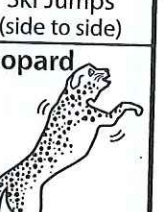
The Busy Body Book: A Kid's Guide to Fitness
by Lizzy Rockwell

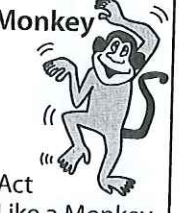
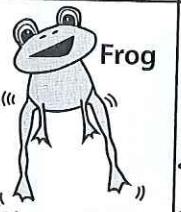
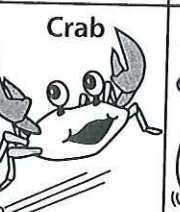


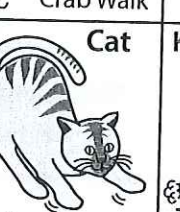


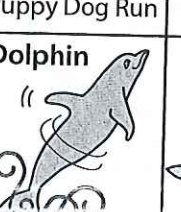
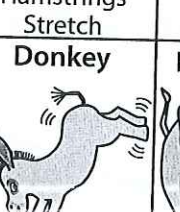
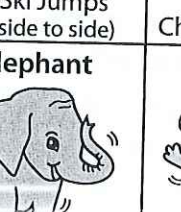
Good Enough to Eat: A Kid's Guide to Food and Nutrition
by Lizzy Rockwell

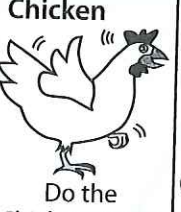
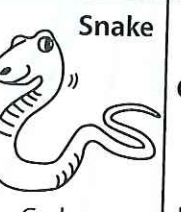
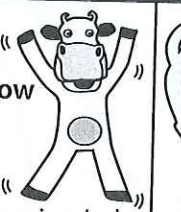


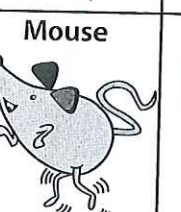
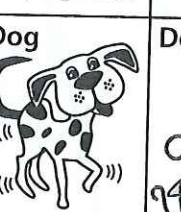

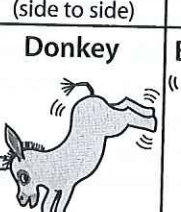
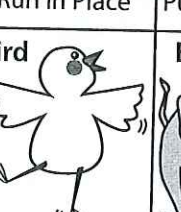
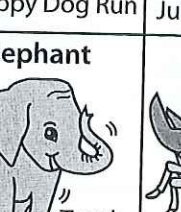
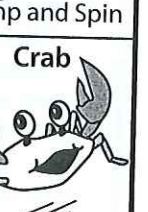

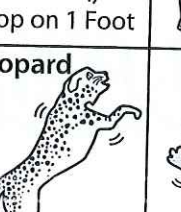


SPARK™
K-2

ANIMAL ACTION BINGO

- * Play with 2 or more people.
- * The first player chooses an animal on their card, and all players do the activity in that animal's box.
- * Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase the number by 5.
- * Once you have completed an animal's activity, cover the box with a marker (a coin or button).
- * Then the next player chooses a new animal activity on their card.
- * The first player to get 4 in a row, column, or diagonal scores a BINGO!
- * How many times can you play Animal Action BINGO this month?

Crab  Crab Walk	Elephant  Trunk Twists	Donkey  Donkey Kicks	Dog  Puppy Dog Run
Cat  Hamstrings Stretch	Beaver  Dance!	Monkey  Act Like a Monkey	Chicken  Do the Chicken Dance
Dolphin  Jump and Spin	Frog  Play Leap Frog	Snake  Curl-ups	Kangaroo  Ski Jumps (side to side)
Bird  Hop on 1 Foot	Cow  Jumping Jacks	Mouse  Run in Place	Leopard  Heel Raises

Leopard  Heel Raises	Monkey  Act Like a Monkey	Mouse  Run in Place	Bird  Hop on 1 Foot
Frog  Play Leap Frog	Crab  Crab Walk	Snake  Curl-ups	Cow  Jumping Jacks
Dog  Puppy Dog Run	Cat  Hamstrings Stretch	Kangaroo  Ski Jumps (side to side)	Chicken  Do the Chicken Dance
Dolphin  Jump and Spin	Donkey  Donkey Kicks	Elephant  Trunk Twists	Beaver  Dance!

Chicken  Do the Chicken Dance	Snake  Curl-ups	Cow  Jumping Jacks	Cat  Hamstrings Stretch
Kangaroo  Ski Jumps (side to side)	Mouse  Run in Place	Dog  Puppy Dog Run	Dolphin  Jump and Spin
Donkey  Donkey Kicks	Bird  Hop on 1 Foot	Elephant  Trunk Twists	Crab  Crab Walk
Monkey  Act Like a Monkey	Leopard  Heel Raises	Beaver  Dance!	Frog  Play Leap Frog