



JUMP START!

Our youth should pursue physical activities for health benefits, expand their social networks and develop healthy habits that can be carried into adulthood. Jump Start! your body by combining a regular physical activity with a healthy diet, and limit the amount of time spent watching television or playing video games.

Even if your school doesn't offer a particular sport or activity you are interested in, there may be opportunities at your nearest recreational community center. Practice with your youth at home or the nearest park playground, whether it's shooting baskets, playing catch, going for a walk or jog together, or taking a scenic bike ride. Play 'GO Green' games: hula hoop, frisbee, potato sack race, hop scotch, or jump rope.



INDOOR FITNESS – R U A 10?

Sit down and touch your toes 10 times 10 jumping jacks Hop on your right foot 10 times 10 sit ups
Hop on your left foot 10 times Get up and sit down in your chair 10 times 10 push ups Twist 10 times
Reach up to the sky and down to the ground 10 times 10 squats

OUTDOOR FITNESS

[Are you ready to take a plunge?](#) or [take a pedal boat ride?](#) or [LET'S MOVE Outside.](#) [We Can!®](#) Click on the link.

HEALTHY SNACKS

SMART SNACKING can help keep you going until your next full meal, and that way you won't feel tempted to grab salty, fatty, sugary foods.

