Healthy Habits Activities

Instructions: Getting 60 minutes of physical activity and eating three to five fruits and vegetables daily while limiting sugary drinks can be challenging. Complete the activities below that encourage you to practice healthy habits and submit your responses to your teacher’s digital learning site.

April 27 - May 1, 2020

Monday

Healthy Eating Challenge: According to the Centers for Disease Control and Prevention (CDC), vitamin D is necessary for building stronger bones. Aim to eat at least three foods that are rich in vitamin D this week. Track your progress using your Choosing Health Habits planner or your own chart.

Tuesday

Tracking Physical Activity: Complete aerobic exercises this week, such as jogging or taking a walk outside. Track and record either the number of steps you take (aim for 10,000) or how many minutes you complete each day. Remember, the recommendation for physical activity is 60 minutes each day! Use your Choosing Healthy Habits planner or your own chart to measure your daily progress.

Wednesday

Top Tips: Youth ages 8-18 spend an average of 9 hours a day between the television, computers, cell phones and video games. Take a walk outside with a family member, maintaining personal space, and discuss the following questions:

- How can you encourage your family to reduce their screen time and to be more physically active?
- Identify five physical activities you can do during commercial breaks.

Thursday

Farm to School Connection: Visit the Shape America National Physical Education and Sport Week website at https://www.shapeamerica.org/events/pesportweek/National-PE-and-Sport-Week.aspx to find activities that you can do while at home.

- What activities sparked your interest?
- How can you encourage your family members to participate in these activities?

Friday

Bell Work Activity: Make a flyer to remind you to move more and sit less and include the following:

- Ten benefits of physical activity,
- Three strategies for including more physical activity in your day and
- One physical activity that you can do at home for a brain boost.

Share your flyers on social media and tag @HealthMPowers

This institution is an equal opportunity provider.
This material was funded by USDA’s SNAP and other HealthMPowers partners.