Healthy Habits Activities

**Monday**

*Farm to School Connection:* Be an active family! Visit the *GoNoodle for Families* website at [https://www.gonoodle.com/for-families/](https://www.gonoodle.com/for-families/). Encourage your family members to complete at least three activities together this week.

Share your pictures or videos on social media and tag @HealthMMPowers 🌐✨

**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**

*Bell Work Activity:* Getting 60 minutes of physical activity a day will help you improve your muscle strength. Complete the questions below about your favorite sport to watch or play.

1. What equipment and safety items are needed?
2. How many people are on a team?
3. Where is the sport usually played?

**Thursday**

*Top Tips:* Anaerobic activities include short bursts of energy. The body must revitalize itself with more oxygen quickly when performing these activities. Aerobic activities improve the body's oxygen system.

Determine if the following are anaerobic or aerobic activities:

- __________ Jogging
- __________ Running short distances
- __________ Walking
- __________ Jumping rope
- __________ Swimming
- __________ Jumping

**Friday**

*Healthy Eating Challenge:* Whether you’re an athlete or enjoy working out, what you eat will affect your performance. A healthy eating strategy can support your training, performance and overall health. Visit [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/) to help develop a personalized eating plan to meet the demands of your physical activity performance.

---

This material was funded by USDA's SNAP and other HealthMMPowers partners.