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.

May 4-8, 2020

Monday
Healthy Drinking Challenge: According to the Centers for Disease Control and Prevention (CDC), your body needs more water when you are physically active and in hot climates. Team up with a family member and aim to drink eight or more ounces of water before, during and after physical activity this week. Use your Choosing Healthy Habits planner or your own chart to track your daily progress.

Tuesday
Tracking Physical Activity: It is important to get at least 60 minutes of physical activity each day. Complete indoor aerobic exercises with your family by visiting the physical activity videos on the HealthMPowers website https://healthmpowers.org/services/resources/. How many minutes can you complete each day? Use your Choosing Healthy Habits planner or your own chart to track your daily progress.

Wednesday
Bell Work Activity: Rank the following in order of lowest (1) to highest (5) nutrients:

1. 100% Orange Juice
2. Water
3. Sweet Tea
4. Cola
5. Energy Drink

- Take a walk with a family member and justify your choices.

Thursday
Farm to School Connection: Visit the 10 Tips: Healthy Eating for an Active Lifestyle page at https://www.choosemyplate.gov/ten-tips-healthy-eating-for-an-active-lifestyle to find tips for combining nutrition and physical activity.

- What tips sparked your interest?
- How can you encourage your family members to incorporate at least three tips into their daily routine?

Friday
Take It Home Activity: Take pictures or create a video that demonstrates three strategies your family practice to live healthier lives. Share your pictures or video on social media to encourage your followers to do the same. Be creative!

Remember to tag @HealthMPowers

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