

# FUN IDEAS

Being active for 60 minutes every day is an important part of a healthy lifestyle. As a class, brainstorm activities for school or home that are at a moderate activity level or higher. Find a way, as a class, to incorporate some of the ideas into your day to help students stay fit and active.

## STRETCHING

Stretching is an easy activity to do in the classroom. Lead your students in stretching activities before lunch or going to the gym or playground, or any other time during your morning routine.

## WEIGHT DON'T WAIT

Keep some one-pound or two-pound weights in your classroom for students to use at their desks when they finish their work. Teach basic lifting techniques that students can do safely while sitting at their desks.

## YOU CAN COUNT ON US

Using a pedometer, measure the distance from your classroom to other rooms in your school that you frequent, such as the library or gym. When possible, take the long way when walking around your school to add steps to your day!

## SNACK-ERCISE

Encourage healthy snacks in your class and always try to include five minutes for a little physical activity before or after the snack.

## ACTIVITY CLUB

That's right, an activity club that is really active! Start before-school or after-school club that concentrates on 30 minutes of physical activity. Use jump ropes, hula-hoops, parachutes, and other equipment that will help students see that exercise can be fun and healthy!

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### Match the Food to its Group Answer Key

cheddar cheese: milk  
apricot: fruits  
oatmeal: grains  
salmon: meat/beans  
onion: vegetables

wild rice: grains  
liver: meat/beans  
squash: vegetables  
mango: fruits  
yogurt: milk

raisin: fruits  
popcorn: grains  
zucchini: vegetables  
lentil: vegetable or  
meat/beans