**How Can You Get 60 Minutes of Play Each Day?**

Staying active and playing each day helps your body grow and stay healthy. Doing activities that build strong bones and muscles at least three days per week are important for your body. Here are all the ways you are keeping your body healthy by being physically active each day:

- **Walk to school**
- **Go swimming with your family and friends**
- **Walk with your family**
- **Walk to school at school or a park**
- **Play on the playground**
- **Join a sports team**
- **Turn off the TV or video game and go be active**

**Brain:** Your brain controls the way you move your body and the way you think. Physical activity can help you learn, think, and sleep better! Staying active is a great way to build strong, healthy muscles.

**Muscles:** While you are active, your muscles are working to stay healthy and help your body move. Any physical activity you like to do is a great way to build strong, healthy muscles.

**Bones:** Physical activity makes your bones stronger, which is important for growing kids. There are over 200 bones in your body. Here are all the ways you are keeping your body healthy by being physically active each day:

- **Walk to school**
- **Go swimming with your family and friends**
- **Walk with your family**
- **Walk to school at school or a park**
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- **Join a sports team**
- **Turn off the TV or video game and go be active**

**Fuel Up to Keep Moving**

Eating healthy foods like vegetables and fruits helps keep you active. Healthy eating gives your body energy so that you can be active for 60 minutes each day. Power your body to be healthy and strong, healthy, body, move, walk, run, fun, happy, play, jump.

**Nutrition Facts for one serving (1 ball)**

- **Calories:** 90
- **Carbohydrate:** 13 gm
- **Protein:** 2 gm
- **Total Fat:** 3.5 gm
- **Saturated Fat:** 0 gm
- **Cholesterol:** 0 mg
- **Sodium:** 0 mg
- **Calcium:** 0 mg
- **Iron:** 0 mg

**No-Bake Peanut Butter Crunch Balls**

**Ingredients**

1 cup golden raisins  
1 cup smooth peanut butter  
1/3 cup unsweetened coconut  
1 teaspoon ground cinnamon

**Directions**

1. Wash hands with warm water and soap.
2. Add raisins to a food processor. Pulse raisins until thoroughly chopped and a flour form. If you do not have a food processor, chop finely by hand with a sharp knife.
3. Add peanut butter, brown sugar, cinnamon, ginger, puffed rice cereal, and a little bit of water for about 1 minute or until the mixture is finely ground.
4. Measure out 1 tablespoon of the mixture and roll into a ball with your hands. Sprinkle with coconut. Repeat process with remaining ingredients and place on a serving plate.

**Cook’s Note:** Transfer balls to a plastic airtight container to prevent them from sticking.

**Makes:** 15 balls

**Nutrition facts for one serving (4 balls):**

- **Calories:** 110
- **Carbohydrate:** 17 gm
- **Protein:** 2 gm
- **Total Fat:** 3.5 gm
- **Saturated Fat:** 0 gm
- **Cholesterol:** 0 mg
- **Sodium:** 0 mg
- **Calcium:** 0 mg
- **Iron:** 0 mg

**No-Bake Peanut Butter Crunch Balls**

**I agree to be an active kid for 60 minutes each day. My body is healthy and I am happy when I am moving. There are many ways to be active and have fun too. I can be active any time of the day and have my family and friends with me.**

**Name:** ______________________________________________________

**Activity Pledge**