

Put a Little PLAY Into Your DAY



Stay Active with
EatWellBeWell.org

How Can You Get 60 Minutes of Play Each Day?

Being active is an important part of a healthy life. Aim for at least 60 minutes of activity each day. Try activities that make your body work harder, like active games or running, at least three days per week. There are many ways for you to stay active and play each day!

Walk to school



Go swimming with your family and friends



Play games like hide and seek or tag with friends



Walk with your family



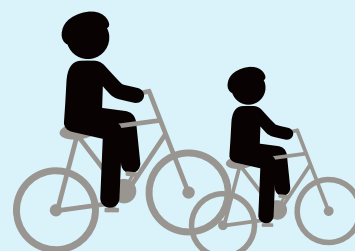
Play on the playground at school or a park



Join a sports team



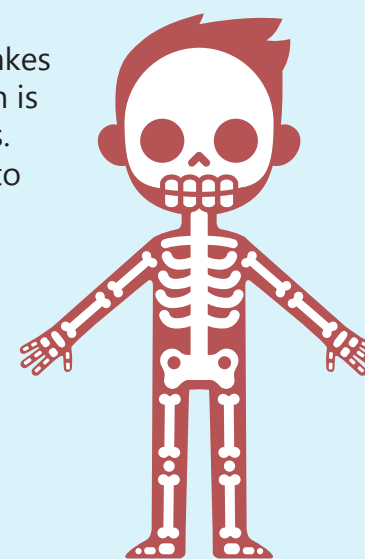
Turn off the TV or video game and go be active



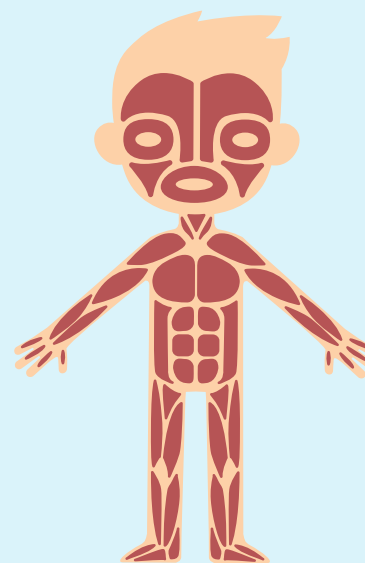
Physical Activity Keeps Your Body Healthy

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.

Bones: Physical activity makes your bones stronger, which is important for growing kids. There are over 200 bones to support your body!



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.



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 keep you feeling happy.



Put a Little Play In Your Day Word Search

Find the hidden words about physical activity:

active, healthy, body, move, walk, run, fun, happy, play, jump

P	R	F	E	V	B	P	L	P	N
J	X	U	F	A	T	O	K	L	K
U	H	N	N	G	C	M	D	A	X
M	H	H	X	J	X	T	O	Y	R
P	E	A	D	M	R	N	I	V	P
N	A	B	P	Y	B	L	W	V	E
D	L	M	X	P	I	V	A	I	E
J	T	R	Q	X	Y	C	L	D	X
Q	H	R	W	J	A	Q	K	T	V
D	Y	L	K	Z	O	F	K	A	P



Activity Pledge

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: _____

No-Bake Peanut Butter Crunch Balls

Ingredients

¾ cup golden raisins	1 teaspoon ground ginger
½ cup smooth peanut butter	1 cup puffed rice cereal
2 tablespoons brown sugar, packed	¼ cup chopped unsalted pretzels
1 teaspoon ground cinnamon	½ cup unsweetened coconut

Directions

1. Wash hands with warm water and soap.
2. Add raisins to a food processor. Pulse raisins until thoroughly chopped and a ball forms. 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 pretzels to food processor. Pulse 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 drying out.

Makes: 15 balls

Nutrition Facts for one serving (1 ball): Calories, 90; Carbohydrate, 13 gm; Protein, 2 gm; Total Fat, 3.5 gm; Saturated Fat, 0 gm; Trans Fat, 0 gm; Cholesterol, 0 mg; Fiber, 1 gm; Total Sugars, 7 gm; Sodium, 35 mg; Calcium, 8 mg; Folate, 1.4 mcg; Iron, 0.3 mg; Calories from Fat, 35%.



No-Bake Peanut Butter Crunch Balls

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 with vegetables and fruits.

- Snack like a super hero. Power up with fruit and yogurt.
- Do the dip! Ask for cut-up veggies with your favorite dip for an after-school snack.
- Red, orange, yellow, green—eat lots of colors of vegetables and fruits to fuel your play every day.
- Pick your favorite fruit to fill your family's fruit bowl next week.

