

Physical Activity

Did You Know?

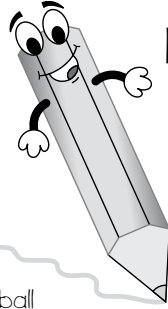
- You should only have a maximum of two hours of screen time (watching TV, DVDs, using the computer, playing video games) a day because it prevents you from doing more active things like riding a bike or playing outside.
- Moving for 60 minutes a day should be your goal. It doesn't have to be running, either. Doing chores around the house counts, too.

What does it mean?

- Pedometer:** this is a step counter. Wear this little device and it will count your steps. Do you get 10,000 steps a day? That is about five miles, a great goal for fitness.
- Aerobic exercise:** is activity that makes your muscles use oxygen.
- Calories:** units of energy your body uses to function.

Fun Facts

- Exercising burns extra energy that your body doesn't need, so it isn't stored as fat.
- Your heart is a muscle, just like those in your arms and legs. When you play hard, your heart gets stronger.
- If you weigh 110 pounds and walked for one hour, you would burn about 240 calories, but if you sat in a chair for one hour, you would burn only 66 calories.



Find and cross out the hidden words within the grid of letters. Then use the first unused letters to solve the second puzzle.

- baseball
- dancing
- karate
- rope climbing
- snowboard
- basketball
- football
- kickball
- run
- soccer
- bike riding
- gymnastics
- play tag
- running
- swimming
- canoeing
- hide-and-go-seek
- push ups
- skateboarding
- volleyball
- cartwheel
- jump
- roller blading
- skiing
- walk

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

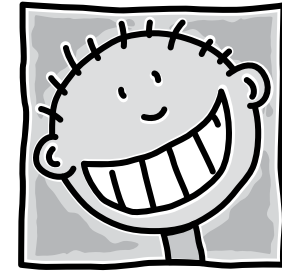


Here are the answers to the puzzles.

V I M F O R T E N
 T H O U S A N D
 S T E P S A D A Y

A Quick Example

Everyone has different favorite activities. What do you like best? Have you tried one of these? Kickball, soccer, baseball, dancing, karate, basketball, gymnastics, swimming, running, skiing, rope climbing, skateboarding, roller blading, bike riding (on- or off-road), play tag, or hide-and-go-seek.



Jokes

Why did the golfer take a spare pair of pants?

In case he got a hole in one

Does it take longer to run from first base to second base or second base to third base? because there is a shortstop second base to third

