

# RAISE YOUR VOICES FOR HEALTHY CHOICES!

The Healthy Choices in Motion curriculum has given your child the tools to explore the different types of physical activity and to learn about the benefits of living an active life. Let's review what we have learned!

60 MINUTES OF PLAY EVERY DAY!

STRENGTHEN



BUILD MUSCLE



LIGHT



MODERATE

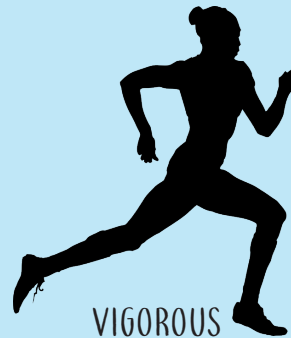
GET THE BENEFITS OF  
PHYSICAL EXERCISE!



IMPROVE SLEEP



IMPROVE MOOD



VIGOROUS

EXERCISE THE LEVELS  
OF INTENSITY!

REMEMBER THE 5  
COMPONENTS!



ENDURANCE



FLEXIBILITY



AEROBIC

TAKE THE STAIRS



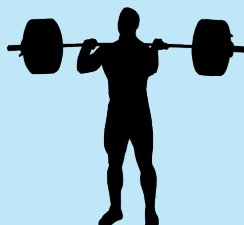
BIKING



OPPORTUNITIES ARE  
EVERYWHERE!



BODY COMPOSITION



STRENGTH



DANCING



PUSH THE GROCERY CART

# HEALTHY CHOICES IN MOTION: SPOTLIGHT MOVE - SQUATS!



## CHECK YOUR FORM: MAKE SURE THAT...

1. Your knees do not go over your toes
2. You are in a sitting position with your head and chest held high

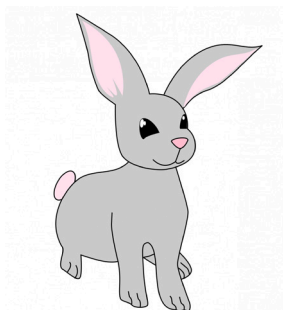
First time? No problem! Stand in front of a chair to practice your form.

1. Stand with your feet shoulder's width apart
2. Bend your knees and sit until your behind just touches the chair
3. Return to standing position, and repeat, keeping your head up and shoulders back

Do you feel your heart pumping and your legs tightening? If so, then you are doing squats correctly! Great job!

## FUN INSIDE ACTIVITY

Have an animal race! Write the names of animals on slips of paper and place them into a hat. Draw an animal out of the hat and race a friend walking, crawling, or hopping like the animal you chose. Ready... Set... Go!!!



HOP LIKE A BUNNY!



CRAWL LIKE A BEAR!



WALK LIKE A CRAB!

## FUN ZONE

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

ACTIVE  
BENEFITS  
ENDURANCE

FLEXIBILITY  
MODERATE  
PHYSICAL

RECOMMENDATION  
STRENGTH  
VIGOROUS