



Presenting Sponsor



Week 10 Apr. 6-10

Breakfast Makes a Difference

DID YOU KNOW?

Kids Need At Least 60 Minutes Of Play Every Day?

- *It's fun to move your body and play with your friends outside or inside.
- *By exercising and playing hard, you keep your heart and lungs healthy, build strong bones, keep a healthy weight, have more your energy, get better sleep, and feel good about yourself! And most important, you have fun!!
- *Families that play together have more fun too. Together you can walk, bike, hike, skate, play ball, work in the yard, and walk the dog, dance, or stretch. Getting everyone involved can make it a lot more fun to be active!
- *Ask your parents about having a fun family active night -turn off all screens and the phone and have some fun being active.

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