



Presenting Sponsor



Week 12 Apr. 19-23

Fruits & Vegetables Make a Difference

DID YOU KNOW?

This week is screen-free week?

Kids need at least 60 minutes of activity every day, so turn off the TV and get outside and play!

- 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 energy, sleep better, and feel good about yourself! And most importantly, you are playing more and having fun!!
- Families that play together have more fun too. Together you can walk, bike, hike, skate, play ball, dance, or stretch. Getting everyone involved can make it a lot more fun to be active!
- Choose a family dinner night this week. Help choose a healthy meal, and then pull out a board game, deck of cards, or activity to do and make a night of it!
- Can you take the Screen Free Challenge for a day, weekend or entire week? Try it - you will have lots of fun doing other activities.

Source: <http://www.tvturnoff.org/>

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