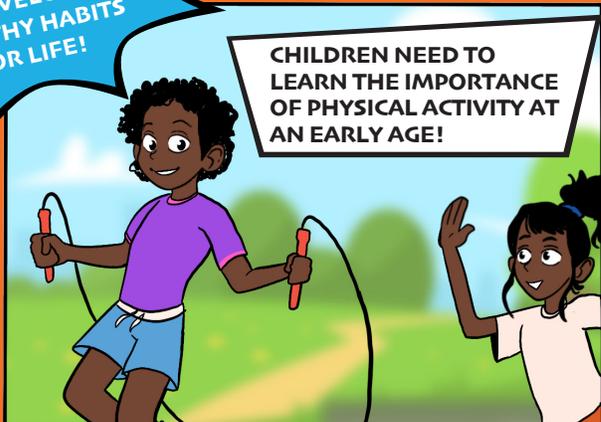




MOVE 1 HOUR EVERY DAY + LIMIT SCREEN TIME

BE PHYSICALLY ACTIVE AS A FAMILY TO DEVELOP HEALTHY HABITS FOR LIFE!

FAMILY CHALLENGE #3

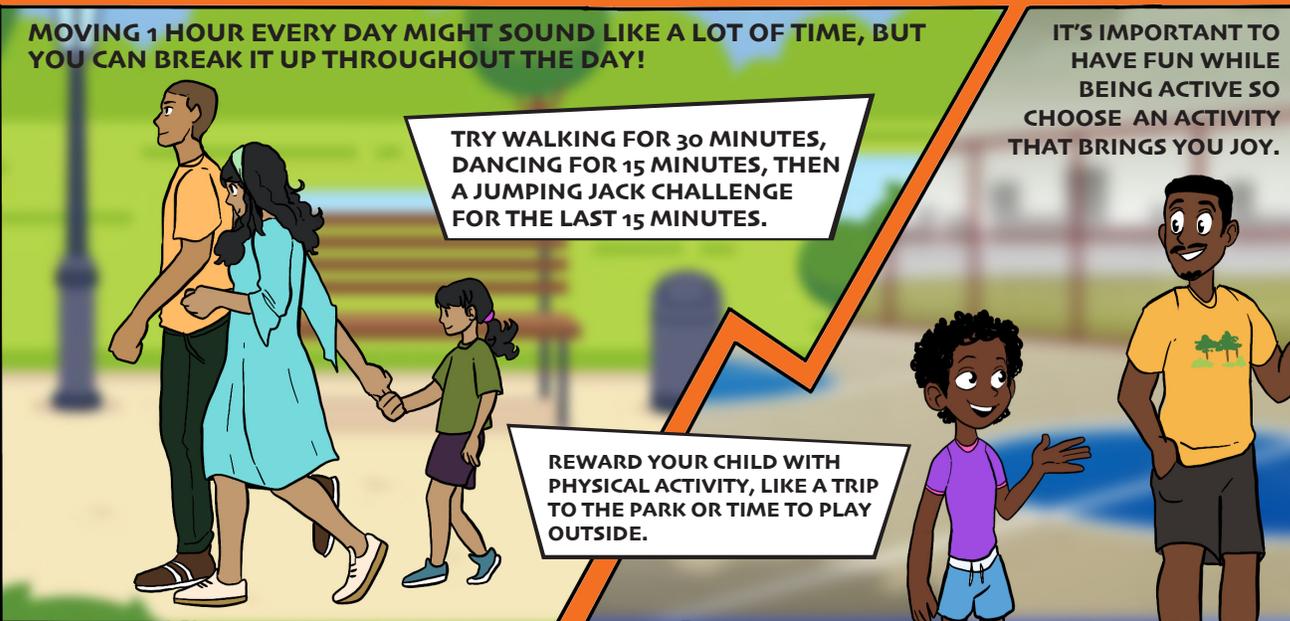


CHILDREN NEED TO LEARN THE IMPORTANCE OF PHYSICAL ACTIVITY AT AN EARLY AGE!



HERE ARE SOME TIPS ON HOW TO BE ACTIVE AS A FAMILY!

SCHEDULE TIMES DURING THE WEEK FOR YOUR FAMILY TO MOVE MORE TOGETHER.

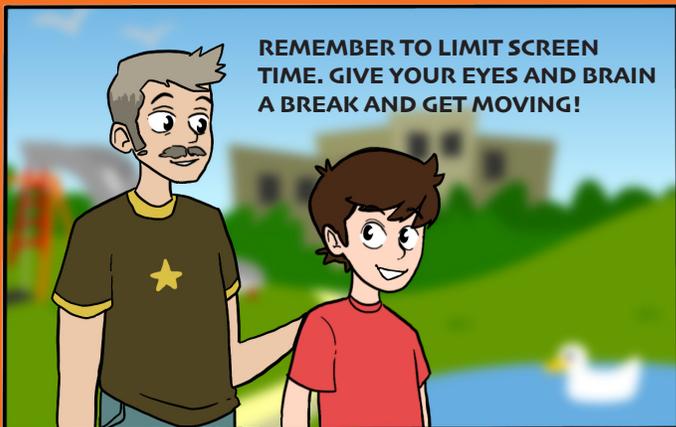


MOVING 1 HOUR EVERY DAY MIGHT SOUND LIKE A LOT OF TIME, BUT YOU CAN BREAK IT UP THROUGHOUT THE DAY!

TRY WALKING FOR 30 MINUTES, DANCING FOR 15 MINUTES, THEN A JUMPING JACK CHALLENGE FOR THE LAST 15 MINUTES.

IT'S IMPORTANT TO HAVE FUN WHILE BEING ACTIVE SO CHOOSE AN ACTIVITY THAT BRINGS YOU JOY.

REWARD YOUR CHILD WITH PHYSICAL ACTIVITY, LIKE A TRIP TO THE PARK OR TIME TO PLAY OUTSIDE.



REMEMBER TO LIMIT SCREEN TIME. GIVE YOUR EYES AND BRAIN A BREAK AND GET MOVING!



FAMILY CHALLENGE #3
MOVE 1 HOUR EVERY DAY!

CHALLENGE TRACKER: LOG THE NUMBER OF DAYS YOUR FAMILY MOVES 1 HOUR EVERY DAY!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30