

Kids Get Physical With Activity

***Whatever the Weather
Activity is Fun***



When it's snowy...

Build a snowman
Make snow angels
Play snow tag
Go sledding
Ice skate
Shovel snow

When it's hot...

Row a boat
Wash the car
Play in the sprinkler
Go swimming
Enjoy playground
activities
Water the garden
Take a hike among the
shade trees

When it's rainy and you are indoors...

Do gymnastic moves
Practice crunches
Do leg lifts
Dance
Play ping-pong
Go bowling

**Whatever you choose, check with your parents
and remember, safety first!**

Safety First

- Ask your mom or dad to check with your doctor before you begin.
- Dress for the weather. Bundle up if it's cold. Drink lots of water when it's hot.
- Stretch before and after to keep you from hurting yourself while exercising. You will also exercise more easily.
- Use the right equipment....bicycle helmets, knee pads, or other guards to keep you safe from injury.
- Stop **AT ONCE** if you feel:
 - > Pain
 - > Very tired
 - > Sick to your stomach
 - > Dizzy



Activity is Important!

- Keeps our bones, muscles and joints healthy.
- Keeps us at a healthy weight.
- Helps our blood pressure.
- Makes us feel good.
- Helps our minds get ready to learn.
- It is fun.

How Much Activity?

**To get and stay healthy,
kids should exercise every
day for 60 minutes.**

Things for You, Two, Or a Bunch To Do

Things To Do If It's Just You...

Shoot hoops
Ride your bike
Rollerblade
Jump rope
Skateboard
Ice skate
Walk your dog
Practice gymnastics moves



When You And A Friend Make Two...

-Play catch
-Play tennis
-Play badminton
-Go swimming
-Do any of the "just
you" fun things
together



Things For A Bunch Of You To Do

Have a dance contest
Play tag
Do team sports
Play charades
Play tug-of-war
Jump Rope
Play kickball



Then and Now

Grandpa **PLAYED** ball. Dad **WENT** to the ball game. I **WATCHED** the game on TV.
The difference between Grandpa, Dad, and me is the amount of physical activity.

U.P. Diabetes Outreach Network
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