


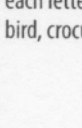















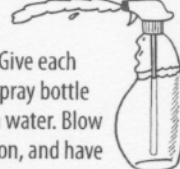



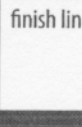



**Note to Parents:** Fill in the month and dates, and keep your child active every day with these fun ideas!

# The Jackrabbit's Nutrition News

## Food & Fitness for a healthy Community

# DAY-BY-DAY FITNESS FUN

MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Toss a ball back and forth with a friend. Each time someone catches it, he takes a step back. How far apart can you move and still catch the ball?</p> 	<p>Jump rope while reciting rhymes. For ideas, get a book like Joanna Cole's <i>Anna Banana</i>, or look online at <a href="http://urbanext.illinois.edu/hopping">http://urbanext.illinois.edu/hopping</a>.</p> 	<p>Learn some new basketball moves. Try dribbling a ball in front of you, to the side, and through your legs. Dribble fast, and dribble slowly.</p> 	<p>Take a family nature walk in the park. Starting with A, name living things that begin with each letter of the alphabet (ant, bird, crocus).</p> 	<p>Play shadow tag on a sunny day. "It" chases the other players, trying to step on their shadows. If your shadow is caught, you're "It."</p> 
<p>Have a dance party. Invite friends to wear sneakers and comfortable clothes. Dance to fast music, or play musical chairs.</p> 	<p>Practice patterns while exercising. For example, alternate hopping and running (hop, run, hop, run).</p> 	<p>At the pool, play tennis with a beach ball and two pool "noodles." Bend the noodles so you're holding both ends. Bat the ball back and forth without letting it hit the water.</p> 	<p>Tape four rows of three paper plates to the floor, and number them 1 to 12. Take turns tossing two dice and placing a hand and foot onto the numbers rolled.</p> 	<p>Read a biography of a famous athlete. Choose one thing he does to stay in shape, and try it as a family.</p> 
<p>Invent a new jump, and do it 10 times. Example: Put one foot on the opposite knee, and jump sideways.</p> 	<p>Play a fast-paced version of hide-and-seek. Have one person hide an object (a ball), and race to find it.</p> 	<p>The next time you go shopping with your child, sneak in some exercise. Do a lap or two around the mall or grocery store before starting your errands.</p> 	<p>Teach your parent an exercise you learned in PE class. Do the activity together.</p> 	<p>Put masking tape on each side of a die, and write actions on the sides. Toss it, along with a regular die, to see what to do (squat) and how many times to do it (four).</p> 
<p>Set up exercise stations in the family room, and spend 5 minutes at each one. Examples: a mat for sit-ups, a sturdy stool for "step-ups" (stepping up and down).</p> 	<p>Be an active helper. Weed or rake a neighbor's yard. Volunteer to tend the garden at your school or community center.</p> 	<p>Hold a broad-jump contest. With sidewalk chalk, mark a starting point. Have each person jump, then write his initials where he lands.</p> 	<p>Graph family members' heart rates. Take everyone's pulse before and after running around your yard.</p> 	<p>Give each person a spray bottle filled with water. Blow up a balloon, and have everyone keep it in the air by spraying it with water.</p> 
<p>Make biking a part of your family routine. Together, bike to the pool, to meet friends, or to the post office. On weekends, take bike rides on a neighborhood fitness trail.</p> 	<p>Play Follow the Leader at a neighborhood playground. Lead your parents and siblings up and down the sliding board, across the bars, and high up in the swings. The goal is to keep moving!</p> 	<p>Gather empty cardboard boxes and plastic bottles. Stand 6 feet away from a recycling bin, and toss them in.</p> 	<p>Have a pillowcase race across the family room or basement. Each person stands in a pillowcase, holds the edges up with both hands, and hops to the finish line.</p> 	<p>Pretend you are picking apples. Stretch up with your left hand, then your right. Repeat 20 times.</p> 

**Editor's Note:** Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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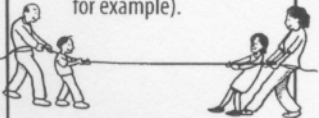




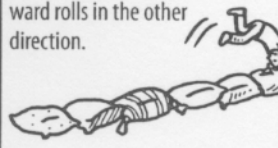
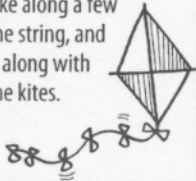









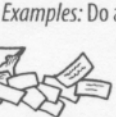

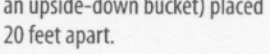
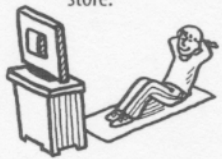
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# DAY-BY-DAY FITNESS FUN

MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Celebrate the start of a new month with a trip to a skating rink, bowling alley, miniature golf course, or swimming pool.</p> 	<p>See how many ways you can throw a ball. With a friend or parent, take turns tossing a ball to each other—using a new way each time. <i>Examples:</i> bounce it, throw it backward.</p> 	<p>Choose a word of the day (play). When you hear the word, do 5 jumping jacks or cartwheels.</p> 	<p>Do 10 exercises in a row. The catch? You can't do the same move twice! <i>Examples:</i> push-ups, lunges.</p> 	<p>Lift weights while helping to put groceries away. Take turns doing biceps curls with soup cans (5 with each arm), before putting them in the pantry.</p> 
<p>Wage a tug-of-war in a grassy area using a jump rope. Try to create teams of equal strength (one adult and one child per team, for example).</p> 	<p>Choose a movement, such as knee bends. Call "Green light!" and everyone does the exercise. Say "Red light!" and everyone stops.</p> 	<p>Outside on a hot day, fill several balloons with water, and give each person a bowl. See how long you can toss each balloon from bowl to bowl without bursting it.</p> 	<p>Play Simon Says. The leader calls out directions like "march in place" or "stretch up high." Follow the commands only when you hear "Simon Says," or you're out!</p> 	<p>Combine homework and working out. Jog in place with a parent while you recite the states and capitals.</p> 
<p>Lay down a row of pillows on the floor. Do forward rolls from one end to the other. Then, do backward rolls in the other direction.</p> 	<p>Go fly a kite! On a windy day, head to an open field with your family. Take along a few kites, some string, and run along with the kites.</p> 	<p>Set a timer for 10 minutes. Straighten up clutter, mop, dust, or vacuum—as fast as you can!</p> 	<p>Have fun with a soccer ball. Dribble the ball while a friend or parent calls out a body part (foot, arm, knee). Use that body part to stop the ball. Then, swap roles.</p> 	<p>Hold an active story time. Read a short book, and have everyone move with the characters (go upstairs, open the door).</p> 
<p>Take turns pretending to be different animals. Hop like a frog, leap like a deer, or slither like a snake.</p> 	<p>Head to a local baseball field. Throw, catch, and hit a ball. Or make a diamond in your yard using old doormats or small rugs as bases.</p> 	<p>Put a strip of wide masking tape on the floor or sidewalk. Take turns crossing the "balance beam" forward, backward, and sideways.</p> 	<p>Play an active version of Mother, May I? Give commands like "Do 5 giant arm circles" or "Do 10 leg lifts." Players ask, "Mother, may I?" before starting.</p> 	<p>Plan an "unplugged" day with no TV, computer, or video games. Instead, ride scooters, go on a leaf hunt, or play a neighborhood flag football game.</p> 
<p>Play a game of tag using flashlights. Or play "moonball catch" by putting glow-in-the-dark stickers on a regular ball.</p> 	<p>Write exercise challenges on individual slips of paper. Put them in a bag, and take turns pulling out one at a time. <i>Examples:</i> Do a split, walk on your hands.</p> 	<p>Pack a dinner picnic, and walk around a school track. When you finish your laps, sit in the middle and eat.</p> 	<p>Practice jumping hurdles. Take a running start, and jump over several items (a folded blanket, an upside-down bucket) placed 20 feet apart.</p> 	<p>Follow along with an aerobics video from the library or video store.</p> 

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