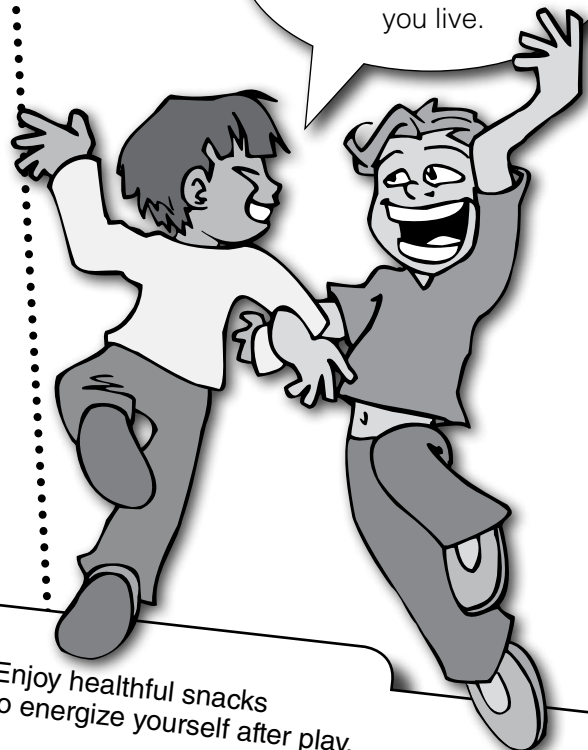




GET YOUR PHYSICAL ACTIVITY

Knock, knock.
Who's there?
Gopher.
Gopher who?
Gopher a swim. It will refresh you.

The neat thing about swimming is that it's a year-round activity no matter where you live.



STAY MOVING!

Physical activity helps build and maintain a strong body. Be active every day! Kids need 60 minutes of physical activity most days of the week. Adults need at least 30 minutes of physical activity to stay healthy.

Having a strong, flexible body helps kids be ready to do all the activities they enjoy—whether it's running, shooting hoops, skating, jumping or playing with friends.

Being physically active all year may be challenging, but you can have more fun when you play hard together. Get your friends and family together and try some of the following activities.

Try these activities in **WARM WEATHER:**

- Play hopscotch
- Fly a kite
- Work in a garden

Try these in **COLD WEATHER:**

- Rake leaves
- Decorate an outdoor tree
- Go sledding

TRY THESE **INSIDE** if you can't go out:

- Act out a story (with lots of movement!)
- Turn on some music and dance
- Create an obstacle course

Enjoy healthful snacks to energize yourself after play.

Simple Snack Mix

- 1 c. whole-grain cereal
- ¼ c. dried fruit of your choice
- ¼ c. nuts (walnut pieces, slivered almonds, pistachios)
- ¼ c. small whole-grain snack crackers or pretzels

1. Place all ingredients in a large zip-close baggie or storage container.
2. Shake it.

Makes three servings. Each serving has 180 calories, 7 grams (g) fat, 27 g carbohydrate and 4 g protein.
Source: www.kidshealth.org

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NDSU | EXTENSION

Eat Smart. Play Hard.
For more information, visit www.ag.ndsu.edu/food.

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