

# Healthy At-Home Activities!

## Bookworm Workout (indoor activity)

### You Need:

A Children's Book

### Set Up:

1. Choose a book that has a word that is **repeated often** (for example, *The Cat in The Hat*).
2. Choose a word in the book that is "the workout word" (for example, if you're reading *The Cat in the Hat*, choose the word "hat").

### How to Play:

1. Sit down and get ready to enjoy a book.
2. Start reading the book. Every time hear your "workout word" jump up from your sitting position and move your body! For example, do a jumping jack, a somersault, or touch your toes.



Source: *Today's Parent*, Angela Seredniki

## FitBits™ Fun!

### Try this FitBits™ Activity! "Bone Walk"

Eating foods from the dairy group at least twice a day is a good way to be healthy and have strong bones. Being active and doing things like running and jumping helps build strong bones, too! To play, move around the room in a large circle while counting to 10. Then, change direction and move a different way. Pay attention to the difference in the ways you are moving around the room. Here are some ideas:

1. Walk backwards
2. March with high knees
3. Hop on two feet
4. Crawl
5. Walk fast
6. Gallop
7. Hop on one foot

## Healthy Snack Idea

### Homemade Trail Mix

Mix together cereals, nuts, seeds, popcorn and dried fruit for a tasty and quick snack!

