

# Healthy At-Home Activities!

## Grass Sledding (outdoor activity)

### You Need:

Large flattened cardboard box, helmet, grassy hill

### Set Up:

1. Make sure the hill you choose is safe and clear of hazards such as a road, construction signs or trees.
2. Flatten your cardboard box.

### How to Play:

1. Put on your helmet and secure it.
2. Sit on the cardboard box.
3. Pull the front of the box over your feet and hold onto it.
4. Have someone gently push you down the grassy hill or sled down yourself.



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Stretch, Lift and Run!”

To keep our bodies healthy, we should try to be active for an hour a day. There are three main kinds of exercise: strength, flexibility and endurance. Flexibility exercises help stretch your muscles. Strength exercises help your muscles get stronger. Endurance exercises make your heart beat faster and grow stronger. Practice all three kinds of exercises below. *Which do you like best?*

1. **Stretching:** Try the tree yoga pose. Stand on your left foot only. Put your right foot on your inner thigh, so your knee is pointing to the side. Bring your hands together, holding them over your head. Hold for 30 seconds and repeat on the other leg.
2. **Strength:** Find a partner and get into a push up position. High five your partner using one hand and then switch to the other.
3. **Endurance:** March in place for 20 seconds. Then run in place for 20 seconds.

## Healthy Snack Idea

### Tomato, Spinach & Cheese Melt

Toast a slice of bread. Top it with a few slices of tomatoes and some cheese. Heat in the microwave until the cheese has melted (5–10 seconds). Or, place sandwich in the oven to melt the cheese. **Ask an adult to help you use the oven.**

