

5210

May



FEATURE: National Physical Fitness & Sports Month

Here's how you can put 5-2-1-0 into action this month:

MAKE YOUR OWN: ACTIVITY SPINNER

Materials needed:

- Paper plate
- Arrow (made from paper)
- Brass fastener
- Marker

Instructions:

- Divide your paper plate into at least 4 sections.
- Put 1 activity you enjoy in each section. It doesn't have to be limited to sports or exercise — think outside of the box! Include some activities that don't require equipment or can be done indoors.
- Use a brass fastener to secure your arrow to the paper plate.
- Decorate with markers or stickers.
- The next time you're bored or need a brain break, use your Activity Spinner to get moving!



MOVE MORE IN MAY!

National Physical Fitness and Sports Month is a time to highlight the importance of staying active!

Celebrate by promoting the importance of 60 minutes per day of physical activity and providing opportunities to be physical activity at school and at home.

VISIT: [Action For Healthy Kids](#) for tips and activity ideas to celebrate in your site or home.

SPREAD THE WORD:

We're moving more this May to celebrate National Physical Fitness and Sports Month! **#HealthyChoicesCount**

60 minutes everyday! That's how much we move and play. **#HealthyChoicesCount**



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