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# YOUTH HEALTH BULLETIN

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## MOVING FOR FUN!

**P**hysical activity can do more than just keep your body healthy. It can be fun, too!

There are many ways that you can use your physical activity time to have fun. The great thing is that you can do something different everyday.

### Some activities we can do alone

Some activities work well if you have alone time:

- Jumping rope.
- Shooting the basketball
- Biking or skating near your home
- Dancing in your room

### Some activities we can do with others

Some physical activities are great for two or more people:

- Walking
- Tag or hide-and-go-seek
- Races – pick an activity (running, skipping, hopping) and race to the finish
- Sports – soccer, basketball, kickball, softball

Continued on the back →



## Time for physical activity

Try to be physically active throughout the day. There are physical activities you can do at all times of day.



### Morning

In the morning, you are probably busy getting dressed, eating breakfast, and getting out the door to go to school. Household chores such as making your bed or straightening your room will add activity to your day.

### Afternoon

If you have a recess during your school day, don't sit around — Get moving and use that time to be active! Join in a game with your friends or simply walk around the playground area.

### Evening

After dinner, take a walk with a parent or an older sibling. Use this time to share stories and talk about your day.

The more you like where you are doing your physical activity, who you are doing it with, and when you are doing it, the more fun you will have! Physical activity should NOT be a chore!



# WORD SEARCH

Can you find all of the words?

- BASKETBALL
- FUN
- HEALTHY
- MORNING
- PHYSICAL ACTIVITY
- SPORTS
- WALKING

S	L	Y	L	H	H	H	N	C	G	N	I	N	R	O	M
S	Q	U	E	A	B	Z	M	B	I	Q	Y	E	M	K	I
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N	A	Q	N	U	D	Q	Q	C	S	O	T	F	W	I	H
W	I	M	B	U	K	R	F	I	W	N	L	K	O	H	A
R	A	E	Y	A	F	M	R	Q	S	V	A	P	T	M	K
B	E	L	W	L	S	R	Z	H	R	Q	E	B	K	E	T
K	R	G	K	W	W	K	H	Y	O	O	H	E	J	N	F
Q	B	D	B	I	T	A	E	J	S	K	X	G	L	L	G
B	R	I	B	O	N	M	C	T	Z	P	L	P	Y	L	H
S	P	Q	E	N	X	G	C	T	B	V	O	D	V	X	Y
S	S	T	H	M	C	O	T	R	J	A	X	R	G	A	Q
C	V	J	S	C	D	X	A	J	N	W	L	R	T	O	S
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U	L	O	A	S	Y	K	R	G	L	C	W	E	X	B	R

## Questions

What is a physical activity you do in the...

- morning? \_\_\_\_\_
- afternoon? \_\_\_\_\_
- evening? \_\_\_\_\_

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AUGUST 2010

Adapted from the Get Moving Kentucky: Moving for Fun! youth health lesson

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