



# FUN FACTS WITH ANDRES OF THE MIGHTY TIMONEERS



## Try to get at least ONE hour of physical activity per day!

You don't have to do the same thing for a whole hour. You can do as many different activities as you want and add up the minutes to meet your goal of one hour! You can help your family and be more active at the same time! You can jump to reach the high spots when you help to wash the car, pretend you're lifting weights when you put away the groceries, shoot baskets when you throw your dirty laundry in the hamper, and sing and dance with a broom microphone when you sweep the deck! You can be a great role model for your family by showing them easy ways to get moving.

## Test your physical activity knowledge



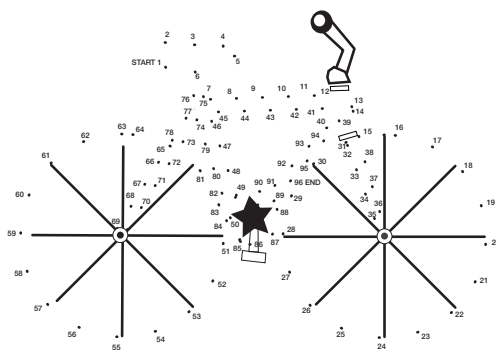
Andres loves to run around and play games as part of **5-2-1-Almost None:**

- Eat **FIVE** or more fruits and vegetables per day.
- Spend no more than **TWO** hours per day in front of a screen. (TV, video games, etc.)
- Get at least **ONE** hour of physical activity per day.
- Drink **ALMOST NO** sugary beverages like soda.

### Did you know?

Being physically active means using energy to move your body. It helps to make your body healthy and strong. The English language has more than 10,000 words for describing physical activities.

### 1. What is this physical activity? Connect the dots below.



### 2. Physical Activity Word Search

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

- |        |       |      |       |
|--------|-------|------|-------|
| Bounce | Hike  | Run  | Swing |
| Catch  | Pedal | Skip | Walk  |

## Andres' tips on how to stay physically active

Put this list of fun activities on your fridge where you and your family can see it. It will give you ideas on how to get your body moving.

- Go on a scavenger hunt
- Make an obstacle course
- Play capture the flag
- Play tag
- Play kickball
- Play catch
- Play 4-square
- Play volleyball
- Play touch football
- Throw a Frisbee

