WELLNESS FOR LIFE

“Being healthy is not a sprint, it’s a marathon.” That means we need to keep our healthy habits not just for today, but for our entire lives. Creating healthy habits today will help set healthy habits later on in life.

Lifetime Activities There are many activities you can learn now that will help you stay active for the rest of your life. Write the name of each activity underneath the picture and then color the ones you would like to do!

Here are a few good habits to help you stay healthy for life -

- Select fruits and vegetables.
- Play actively for 30-60 minutes a day.
- Avoid excess sugar and fat.
- Reduce television and media time.
- Keep H₂O the way to go.

DISC GOLF

Ready
• 1 flying disc (or other tossable) per player
• An outdoor area with various objects to use as targets

Set
• All players begin at the same spot.
• Choose something in the area (like a tree or fence post) that your child could reach in 2-4 throws. This will be “hole #1.”

GO!
1. The object is to throw your disc to the target in as few throws as possible.
2. The youngest player is 1st to throw.
3. After all have tossed, the person who is farthest away from the target throws next.
4. Count how many throws it takes to reach the target.
5. Next, choose another object and begin again on “hole #2.”
6. Continue for 9 “holes.”
7. Your final score is the total number of throws plus your age!
**Animal Action BINGO**

- Play with 2 or more people.
- The first player chooses an animal on their card, and all players do the activity in that animal’s box.
- Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase the number by 5.
- Once you have completed an animal’s activity, cover the box with a marker (a coin or button).
- Then the next player chooses a new animal activity on their card.
- The first player to get 4 in a row, column, or diagonal scores a BINGO!
- How many times can you play Animal Action BINGO this month?