Are you ready to have fun while exercising?

Exercise Facts:
• Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
• Being active can help you think, feel and sleep better.
• Children ages 6-17 should get at least 60 minutes of physical activity per day.
• Adults need at least 150 minutes per week of physical activity – that’s 30 minutes a day for 5 days.
• Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer’s.

How well do you know your healthy foods?

The MCM Challenge:
• To prepare, make two sections of a room. This can be done indoors by identifying a boundary or using furniture. It can be done outdoors with chalk. These sections will represent healthy and unhealthy.
• Show your child different pictures of foods.
  o When you show them a healthy food, they should run and stand on the healthy side.
  o When you show them an unhealthy food, they should run and stand on the unhealthy side.
• Discuss the foods and how it’s okay to have small amounts of the unhealthy options, too.
• Give your child chalk, if they are outside, or crayons and paper if they are inside.
  o Let them draw their favorite healthy and unhealthy foods in the correct spaces.
  o Discuss their choices with them.

Want more?
Check out our Elves, Wizards, and Giants activity sheet for another great active activity to do at home! Be sure to take pictures or videos and tag #MCMAtHome