



HEALTHY VS. UNHEALTHY

At Home Edition - #MCMAtHome

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.
 - When you show them a healthy food, they should run and stand on the healthy side.
 - 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.
 - Let them draw their favorite healthy and unhealthy foods in the correct spaces.
 - 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