



# NUTRITION

# Children's Activity Pyramid

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Have FUN and be active each week by trying some of these activities...

### With your family

- go biking
- take a walk together
- play at the park
- have a "turn-off-the-TV-day"

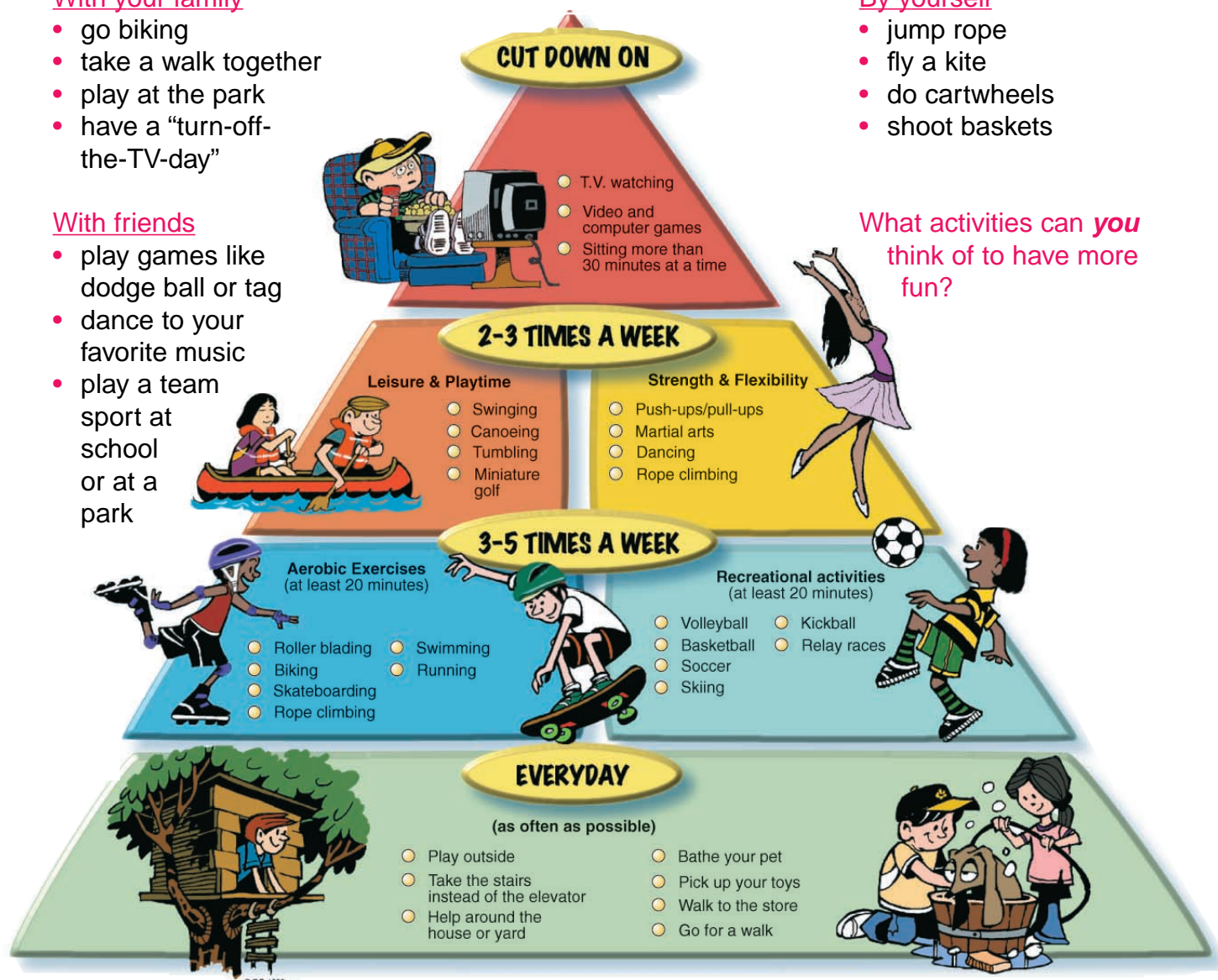
### With friends

- play games like dodge ball or tag
- dance to your favorite music
- play a team sport at school or at a park

### By yourself

- jump rope
- fly a kite
- do cartwheels
- shoot baskets

What activities can **you** think of to have more fun?



# My Own Activity Pyramid

## Hey, kids!

This is your own personal physical activity pyramid. List your physical activities for a week.

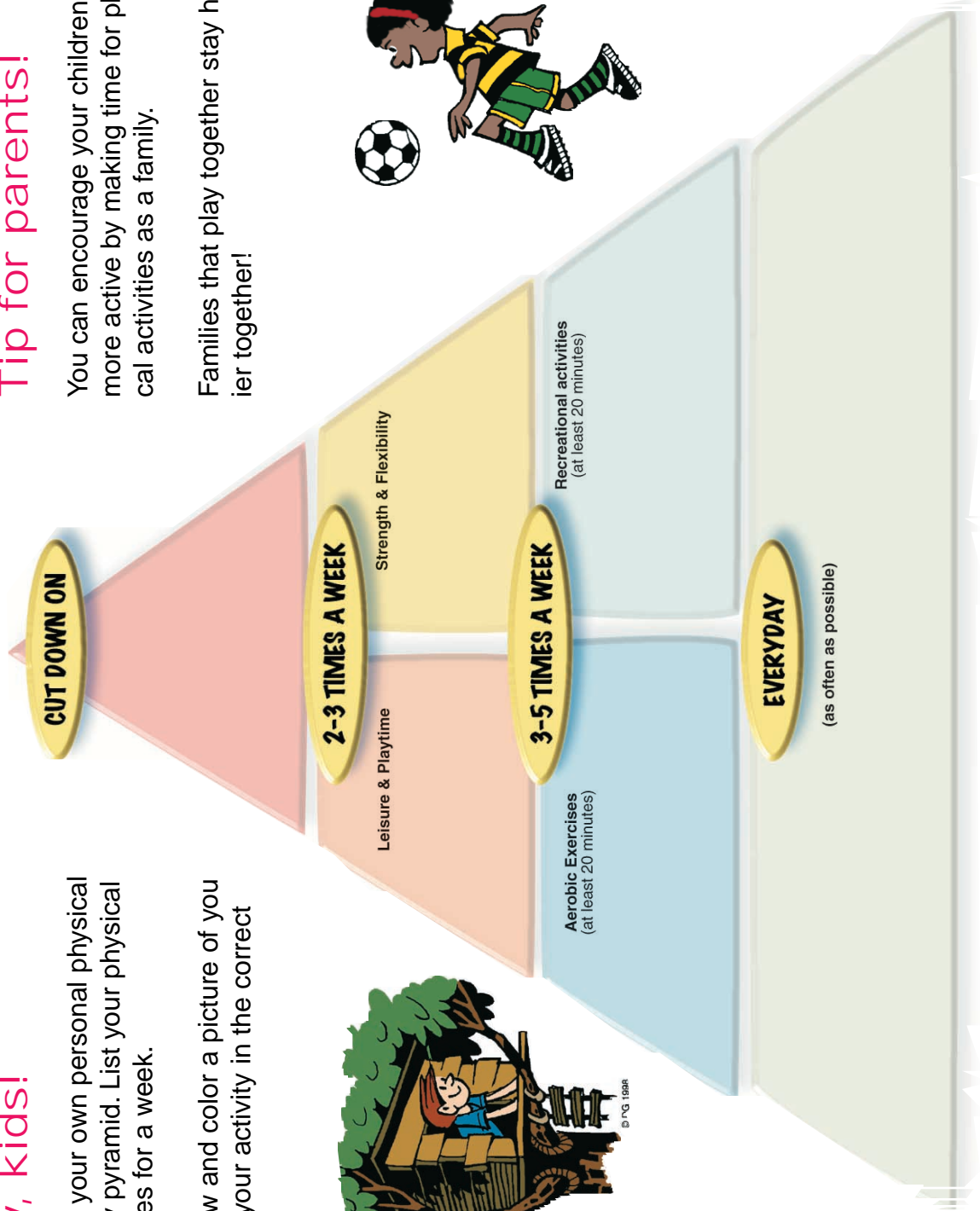
Or draw and color a picture of you doing your activity in the correct space.



## Tip for parents!

You can encourage your children to be more active by making time for physical activities as a family.

Families that play together stay healthier together!



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