

### HOW MUCH ACTIVITY DO I NEED A DAY?



If you're between 6 and 17 years old you need 60 minutes of activity everyday!

### 60 MINUTES? THAT SOUNDS LIKE A LOT.

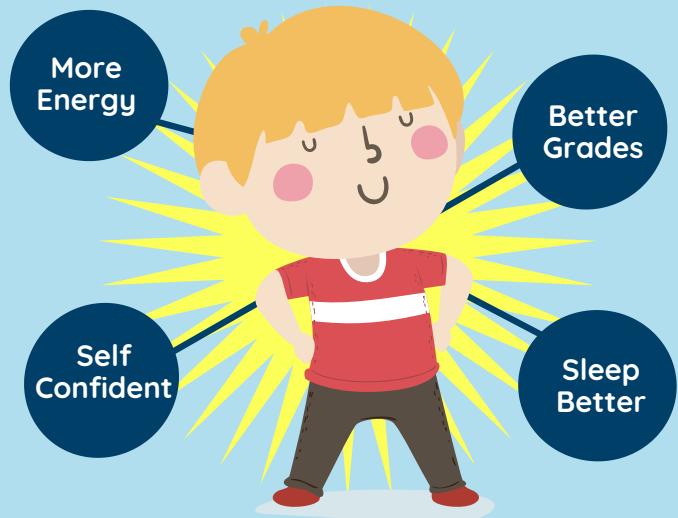
Don't worry!—you can split your activities up throughout the day. It all adds up!

- BEFORE SCHOOL**  
Walk to the bus stop.
- AT RECESS**  
Play tag with friends.
- AFTER SCHOOL**  
Go for a bike ride.

## ATTENTION KIDS!

You need physical activity to keep you strong and healthy! But did you also know it can help you in lots of ways?

### MOVING MORE CAN GIVE YOU A BOOST!




### SO, WHAT KIND OF ACTIVITY DO I NEED?

A mix of different activities that:

**INCREASE HEART RATE**

- run
- jump rope
- dance



**BUILD MUSCLE**

- tug of war
- yoga
- climb monkey bars



**STRENGTHEN BONES**

- basketball
- jumping
- climbing

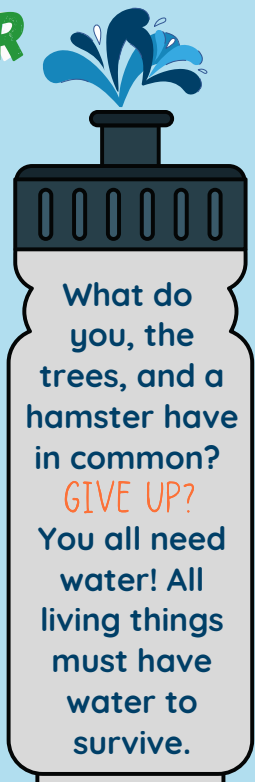



## BE A SMART SIPPER



Water is the most abundant substance in the body - adding up to about 60% of body weight. To help keep your body hydrated and healthy while being physically active—it's important to drink water.

Dehydration is when your body doesn't have enough water. Being dehydrated can keep you from being as fast and as sharp as you'd like to be and can also make you sick.

When the weather warms up or when you are sweating a lot, water can help to fight dehydration.



Daily needs for children ages 9-13 years old:

-  Girls—9 cups
-  Boys—10 cups

**TIP** You can get water from the foods you eat. Many fruits and vegetables have a high water content, like spinach and watermelon. So eating plenty of fruits and vegetable is also important!

### DEHYDRATION URINE COLOR CHART



### SIGNS OF DEHYDRATION

Dry lips and mouth	Feeling lightheaded, tired or dizzy	Rapid heartbeat
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ENJOY SOME FUN  
NEW WAYS TO  
DRINK WATER!

**FRUIT  
ICE  
CUBES**



**1** Put your favorite chopped fruit and herbs in each section of the ice cube tray.

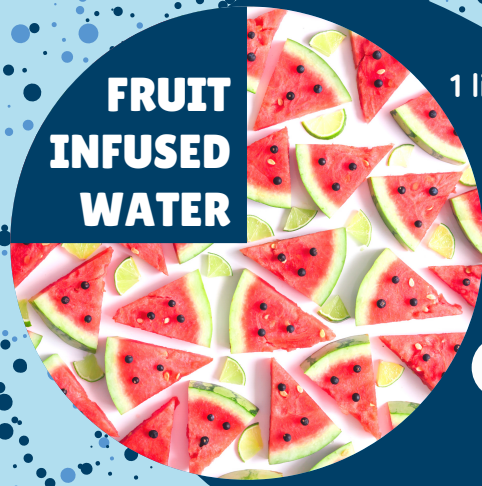
**2** Cover with water and place in freezer until frozen.

**3** Put the cubes in your water--as the ice melts it flavors your water!

**TRY THESE  
FLAVOR  
COMBINATIONS:**

- Strawberry & Mint
- Pineapple & Lemon
- Blueberry & Orange

**FRUIT  
INFUSED  
WATER**



- 1 lime
- 1 cup cucumber
- 1 cup watermelon

**1** Rinse and chop fruits and vegetables.

**2** Add fruit and water to a pitcher and let flavors develop for at least 30 minutes.

**CRACK THE SECRET CODE**

Get 60 minutes of each day.

Choose instead of .

Eat to play hard.

A		M	
C		N	
D		P	
E		R	
G		S	
H		T	
I		U	
K		V	
L		Y	
		W	

Southern Tier SNAP Education is funded by USDA's Supplemental Nutrition Assistance Program-SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. SNAP-Ed and Cornell Cooperative Extension are equal opportunity providers.