

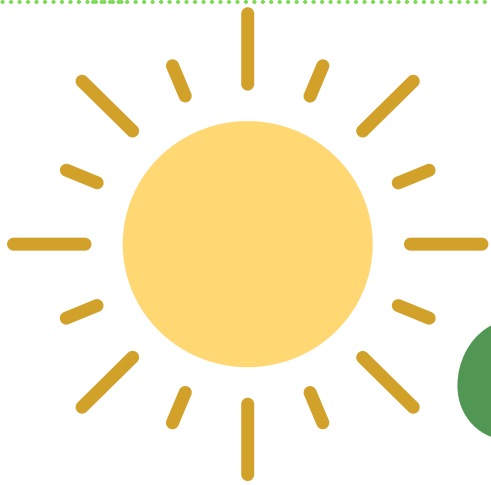
JULY 2020



YOUTH NEWS

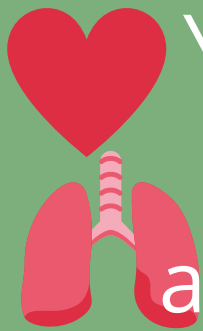
SOUTHERN TIER SNAP-ED

Broome | Chenango | Cortland | Delaware | Madison | Onondaga | Otsego



MOVE MORE! GO OUTDOORS!

WHEN YOU GET 60 minutes OF PHYSICAL ACTIVITY EVERYDAY...



Your heart
and lungs
are healthy!



You build
strong
muscles!



You sleep
better at
night!



You are
happier!

Hydration Station

Don't forget: drinking water and physical activity go hand in hand! Aim for 8 cups of water everyday!



Water with a Twist

Put a twist on water by adding your favorite cut-up fruits, veggies and herbs! Try one of our favorite combinations or make up your own!

Strawberry Mint



Cucumber Melon

Citrus Twist



PATTERN FITNESS 1.0

Directions: Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25 WINDMILLS



JOG 2 LAPS



30 SECOND STRETCH



25 JUMPING JACKS



15 SQUATS



15 SECOND LEG STRETCH



10 PUSH-UPS



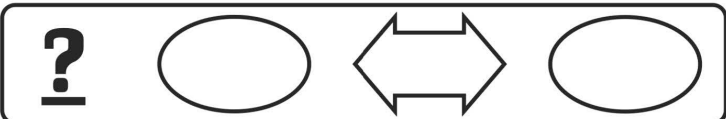
15 SECOND LEG STRETCH



10 SIT-UPS



30 SECOND PLANK



All content created by Phys.Ed.Review: <https://physedreview.weebly.com>



Complete the pattern by performing the exercise that is missing in each row!

For more fun activities like this visit:

[physedreview.weebly.com!](https://physedreview.weebly.com/)

CATCH[®]

COORDINATED APPROACH TO CHILD HEALTH

9 MINUTE RUN/WALK

CHALLENGE

Choose your course: maybe around your house, yard or block. Have someone set a timer for 9 minutes!

Start the timer and start moving! Run or walk around the course as many times as you can until the timer goes off!

Count each time you pass your starting line as one lap. Remember your number today and see if you can beat that number by the end of the summer!

Cornell Cooperative Extension

Southern Tier SNAP-Ed 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 or contact 1-800-342-3009. This institution is an equal opportunity provider.

For more information, activities & recipes visit [snapedny.org!](http://snapedny.org)