

It's LooneyTunes Tune-Up Time!

SEEING SPOTS

is good for you!

Turn the spotlight on good food and good fun!

Week 1

- Mon** Play hopscotch.
- Tue** Walk around the playground 3 times.
- Wed** Toss a ball with a friend.
- Thur** Play freeze tag.
- Fri** Bend your body to spell your initials.
- Sat** Take a bike ride with your family.
- Sun** Do five pushups.

Week 2

- Mon** Have a family dance off.
- Tue** Organize a kickball game.
- Wed** Play wiffle ball.
- Thur** Kick around a soccer ball.
- Fri** Set a hula hooping record.
- Sat** Play frisbee with a friend.
- Sun** Swing across the monkey bars.

Week 3

- Mon** See how many sit-ups you can do.
- Tue** Hop on each foot five times.
- Wed** Organize a game of simon says.
- Thur** Jump rope as fast as you can.
- Fri** Go rollerblading.
- Sat** Do 25 jumping jacks.
- Sun** Start a basketball game.

Week 4

- Mon** Go for a walk with a friend.
- Tue** Take a family nature hike.
- Wed** Do 5 minutes of stretching exercises.
- Thur** Play musical chairs.
- Fri** Play 4-square.
- Sat** Start a tetherball game.
- Sun** Run backwards.

What's your favorite activity?

Smart Food Choices + Daily Activity =
A HEALTHY, HAPPY LIFE



Look for Eating Right Kids at your favorite local grocery store.

Because SEEING SPOTS IS GOOD FOR YOU!