

April 2014 Health & Fitness For Families Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																								
	<p>Check the box in each category for each day that you do Cardio, New Food Water, Day's Activity</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>1 Tell your child an April Fool's Joke</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>2 Go for a walk and collect rocks and compare the shapes</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>3 Tell your child(ren) 4 things you love about them</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>4 Talk about the number 4. Group things in 4.</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>5</p>
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6	7	8	9	10	11	12																																								
Week of the Young Child: Play Where Learning Begins; Health & Fitness for Families																																														
	<p>Red Day Dress your child in RED Yoga for Relaxation for Moms & Dads 9:30 am East Setauket</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Green Day Dress your child in GREEN Turn off the TV and read together as a family</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Yellow Day Dress your child in YELLOW Family Cardio Fun! Bring the whole Family and Let's MOVE! 6:00-7:00 pm East Setauket</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Blue Day Dress your child in BLUE Food & Nutrition Tips for Your Family's Health 11:00 am or 1:00 pm East Setauket</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Rainbow Day Dress your child in crazy colors Turn off the TV and have a Family Game Night</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					
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	<p>Make a reading nest of pillows and read a book</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Play "Heads, Shoulders, Knees and Toes" with your child</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Cut out different shapes and make a collage</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Talk about animals that hop; rabbits, frogs, kangaroos</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Plan your grocery list and talk about fruits & veggies</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					
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27	28	29	30	<p>Return your Family Health & Fitness calendar to your child's teacher</p>		<p>Hope You Had a FUN Health & Fitness Month! Keep the GOOD work GOING!</p>																																								
	<p>Trace your foot & your child's; cutout and compare the size</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food				Water	Day's Activity					<p>Sing the "Alphabet Song" as you point out the letters in a book</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity					<p>Tell your child a story about your childhood</p> <table border="1"> <tr> <td>Cardio</td> <td>New food</td> <td>Water</td> <td>Day's Activity</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Cardio	New food	Water	Day's Activity																				
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Sunday WHITE	Monday RED	Tuesday GREEN	Wednesday YELLOW	Thursday BLUE	Friday RAINBOW	Saturday BROWN
banana, cauliflower, parsnip, turnip, white corn	strawberries, radishes, red apples, watermelon, tomato, red pepper, beets, cranberry	broccoli, kale, green beans, cucumber, kiwi celery, snow peas, zucchini, green pepper	cantaloupe, pineapple, yellow squash, corn, apricots, grapefruit, clementine, carrots	blueberries, eggplant, purple cabbage, blackberries, purple grapes	use up all your leftovers to make a fruit salad and vegetable platter	dates, figs, brown pears, mushrooms, potatoes,

APRIL CARDIO FUN FOR FAMILIES

During the month of April we are encouraging ALL of our families to find 15 minutes to a 1/2 hour every day to WORK OUT! Here's the same fun-filled Cardio Circuit we will be doing each day at school during the WOYC (April 7-11). You can enjoy the same activities at home with your family. Let your imagination run free and wild along with your body!

1. Flap your arms like a bird
2. Butterfly stretch – sit on the floor with bottom of feet together, gently press knees towards the floor
3. Scratch your back like a monkey
4. Bounce on the balls of your feet like a baboon
5. Gallop like a horse
6. Kick like a donkey
7. Wiggle like a worm
8. Shake like a dog
9. Move your trunk like an elephant
10. Swim like a fish (either standing or belly down on the floor)
11. Hop like a kangaroo
12. Jog in place as if a bear was chasing you
13. Jump in place as if you are popcorn popping
14. Slither like a snake
15. Reach up and grab balloons out of the air
16. March in place and play the drum
17. Paint in the air with a pretend paintbrush
18. Crawl like a crab
19. Move like a tree blowing in the wind
20. Leap like a frog

Replace that Juice and Soda with WATER!

During the month of April we are encouraging all our families to replace some of the juice and/or soda they drink with WATER! Read the facts and recommendations below from the American Academy of Pediatrics. 2-6 year olds should drink 4-5 cups of water a day. For adults, it is recommended that we drink eight 8 - ounce glasses of water a day.

The American Academy of Pediatrics has the following recommendation about juice:

- Children under 6 years old, should not drink more than **4-6 ounces** of juice per day.
- Older children, 7-18 years old, can drink **8 to 12 ounces** of 100% juice each day.
- Juice should not be introduced until your infant is about 6 months old.
- **Never put juice in a bottle, try to offer it in a cup only.**
- Use only 100% fruit juice and even cut the juice with water.

Juice should not be considered a substitute for your child's need for fresh fruit. When compared to fresh fruit, juice lags behind nutritionally. One hundred percent juice does contain some vitamins and minerals, but far less than whole fruit. Whole fruit also contains fiber, which is not present in juice. If you think your child drinks too much juice, you can reduce the amount slowly by diluting servings with water.

If you have a picky eater, pay special attention to the amount of juice your child drinks. They may be filling their tummies with juice, leaving no room for healthier nutritious foods.

Health & Fitness For Families!

Fresh Fruits & Veggies

During the month of April we are encouraging all our families to try some new - never before tried Fruits & Veggies. Lots of ideas and suggestions at the following sites.

Choose My Plate - Meal tracker/Food Plan guidelines for kids of all ages

<http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html>

10 Tips Education series from Choose my Plate

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Fruits & Veggies - More Matters

<http://www.fruitsandveggiesmorematters.org/>

Let's Move

<http://www.letsmove.gov/eat-healthy>

Use the check off boxes on the calendar to track your family's MOVE - NEW FOOD - WATER - DAY'S Activity - this month. Return the calendar at the end of the month to receive your Alternatives For Children Family Health & Fitness certificate.