



Ashley's Angel Gram

Tips for Raising Active Healthy & Fit Kids

Children need to be active for 60 minutes on most days of the week to maintain good health and fitness. Activity can be accumulated throughout the day. Even blocks of time as short as 15 minutes or more can count towards kids' daily activity goal.

Here are some FUN ways for kids to stay active & fit!

Have fun! Show children how much fun it is to be active

Run like a gorilla.

Walk like a spider.

Hop like a bunny.

Stretch like a cat.

Have family contests: who can jump rope the longest?

Wheel barrel races

Potato sack races

Use parties as an opportunity to promote activity:

Ice skating party

Bowling party

Touch football party

Get up early with your children to walk the dog

Do jumping jacks together after dinner

Take a family walk after dinner

Go on a family bike ride through the neighborhood

Create sidewalk art with chalk and play hopscotch

Fly a kite on a grassy field or beach

Enjoy a playground at a school or a park

Play Duck, Duck, Goose or London Bridge

Sledding

Bowling

Tag

Hiking





Healthy Snack Suggestions for Kids

Snacks are important part of a growing child's diet. Healthy snacks give children extra calorie and nutrients between meals. Skip a pre-packaged snack food and have some fun with your child. Here are a list of healthy snack ideas that are easy to make and kids can help with!

Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.

Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.

Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.

Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.

Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.

Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.

Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.

Spread peanut butter on apple slices.

Suggested Reading

