



Healthy Kids Club



Word Search

Staying healthy and active is important to keep our bodies in good shape! We've written some sentences here and left one word out. Use the words at bottom to fill in the blanks to get some fun ideas to share with your friends and family! The correct answers are below, but no peeking!

- When I'm stuck inside on a rainy day, I could _____ to my favorite music.
- _____ my dog outside is a great way to exercise - for my dog too!
- Going roller _____ is fun to do with friends in the neighborhood .
- Family _____ rides are good exercise and fun!
- At recess and after school , _____ rope contests are fun and challenging .
- On hot summer days , _____ with friends and family is a great way to cool off
- When it's winter , _____ a snowman and decorating him keeps me warm .
- It is important for me to drink lots of _____ everyday!
- When my friends and I are looking for something to do , we could play a game of _____ .
- _____ in a race is a good exercise for my heart .

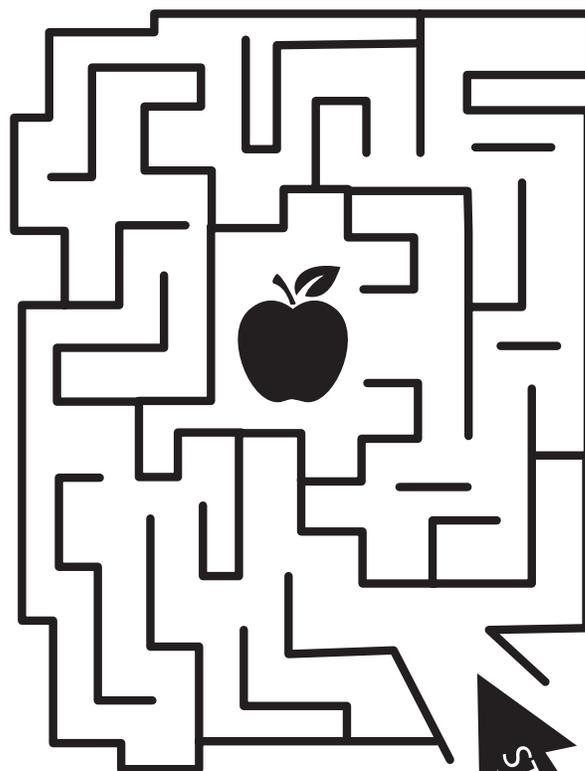
Use these Words:

swimming	water	baseball	bike
skating	building	jump	dance
	walking	running	

Answers: 1. dance 2. walking 3. skating 4. bike 5. jump 6. swimming 7. building 8. water 9. baseball 10. running

Apple Maze

Find your way through the maze to the healthy snack!



Hey kids! For more ideas on staying healthy, check out my Healthy Kids Club page at CoordinatedCareHealth.com