Physical activity helps build and maintain a strong body. Be active every day! Kids need 60 minutes of physical activity most days of the week. Adults need at least 30 minutes of physical activity to stay healthy.

Having a strong, flexible body helps kids be ready to do all the activities they enjoy — whether it’s running, shooting hoops, skating, jumping or playing with friends.

Being physically active all year may be challenging, but you can have more fun when you play hard together. Get your friends and family together and try some of the following activities.

**Try these activities in Warm Weather:**
- Play hopscotch
- Fly a kite
- Work in a garden

**Try these in Cold Weather:**
- Rake leaves
- Decorate an outdoor tree
- Go sledding

**Try these inside if you can’t go out:**
- Act out a story (with lots of movement!)
- Turn on some music and dance
- Create an obstacle course

**Simple Snack Mix**

1 c. whole-grain cereal
¼ c. dried fruit of your choice
¼ c. nuts (walnut pieces, slivered almonds, pistachios)
¼ c. small whole-grain snack crackers or pretzels

1. Place all ingredients in a large zip-close baggie or storage container.
2. Shake it.

Makes three servings. Each serving has 180 calories, 7 grams (g) fat, 27 g carbohydrate and 4 g protein.

Source: www.kidshealth.org

**Eat Smart. Play Hard.**
For more information, visit [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart). This Web site has information for parents and kids, including fun educational games and recipes.

“Eat Smart. Play Hard.” is an initiative of the Food and Nutrition Service, U.S. Department of Agriculture. Materials were partially funded by USDA’s Supplemental Nutrition Assistance Program.

9/09