

# Cornell Cooperative Extension SNAP-Ed

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more about SNAP benefits, contact 315-764-9442 ext. 405



To find more about your local SNAP-Ed's free nutrition education program, contact 315-379-9192 or find us at: [snapedny.org](http://snapedny.org)

Answer key: D. all of the above  
Answer key: jumping jacks, jump rope, volleyball, basketball

This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP.  
This institution is an equal opportunity provider and employer.

# SNAP-ee!

physical activity for you & the family



Exercising can help you:  
A. sleep better  
B. feel better  
C. stay strong  
D. all of the above

(answers on the back)

# 60 minutes a day!

Use our daily challenge to help you reach your goal!

There are 3 types of exercises:

Aerobic

Muscle-strengthening

Bone-strengthening

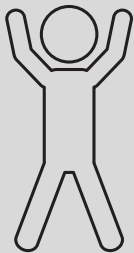


## Bone Strengthening

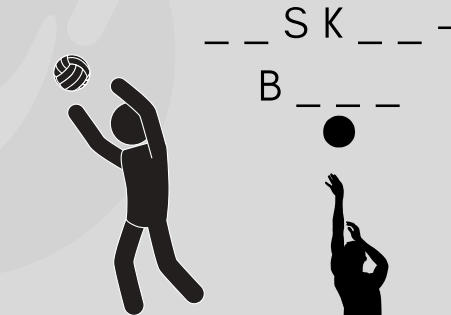
To help your bones stay strong, the best exercises are the ones where you jump or put weight on your bones.

Bone strengthening should be part of your 60 minutes and done at least 3 days a week.

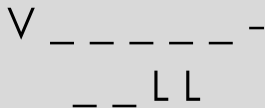
Name these bone strengthening exercises:



J \_ \_ \_  
R \_ \_ \_



\_ \_ S K \_ \_ \_  
B \_ \_ \_



J \_ \_ \_ I \_ G  
\_ A \_ \_ S

(answers on the back)

# Daily Challenge

Check off the days after you did 60 min of physical activity

Write down what you did!

 Monday

 Tuesday

 Wed

 Thursday

 Friday

 Saturday

 Sunday