



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



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

Cornell Cooperative Extension

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



About how many muscles do you have in your body?

A. 150 B. 300 C. 600

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



Muscle Strengthening

You have more than *600 muscles* in your body!

Muscle strengthening is anything that is pushing or pulling. It should be part of your 60 minutes and done at least 3 days a week.

Match the exercise to the body part

some exercises match to more than one!

sit-ups/ crunches

bicep curls

push ups

climbing stairs

planks

lunges

pull-ups

ARMS

ABS

LEGS

No weights? No problem! Ask your parents if you can use bottled water or vegetable cans as weights

Credit to CATCH Kids Club 5-8: Physical Activity

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