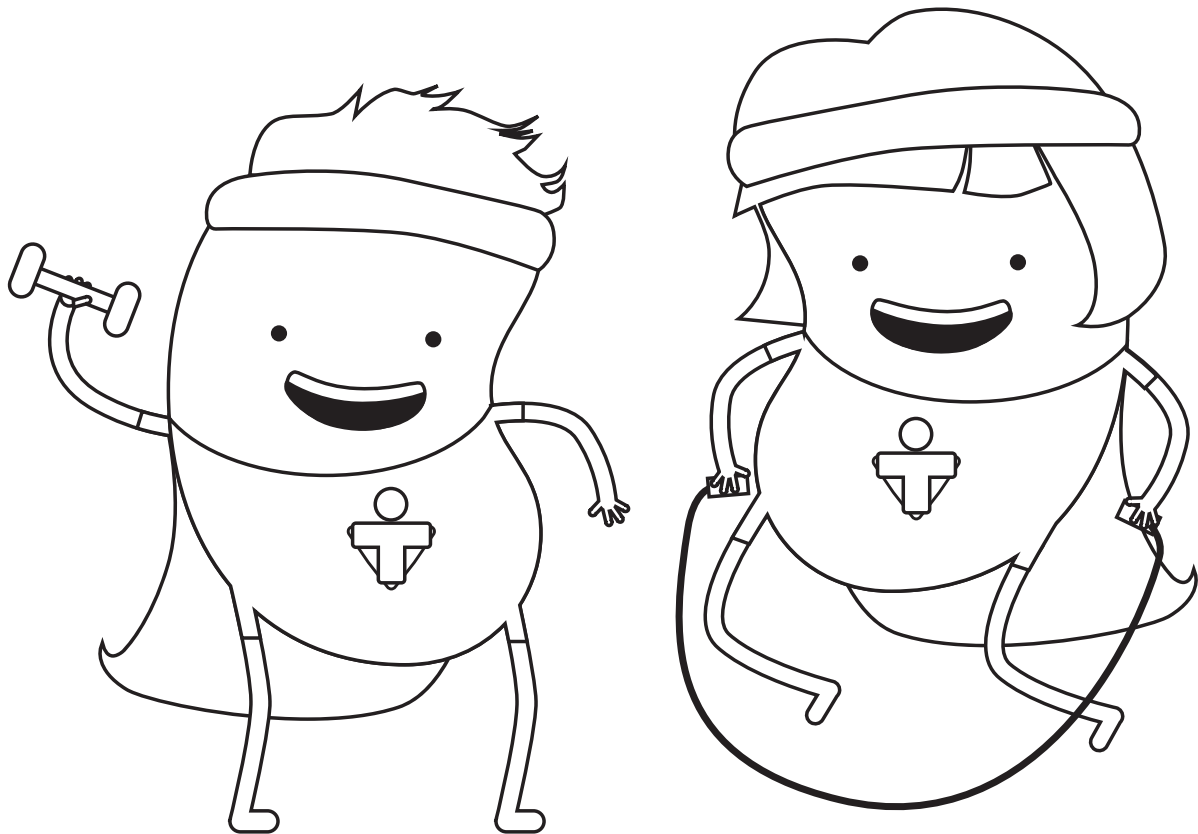




HEALTHY KIDNEYS

BEING ACTIVE ACTIVITY SHEET



PHYSICAL ACTIVITY SCHEDULE

How many minutes of physical activity should you do every day? _____

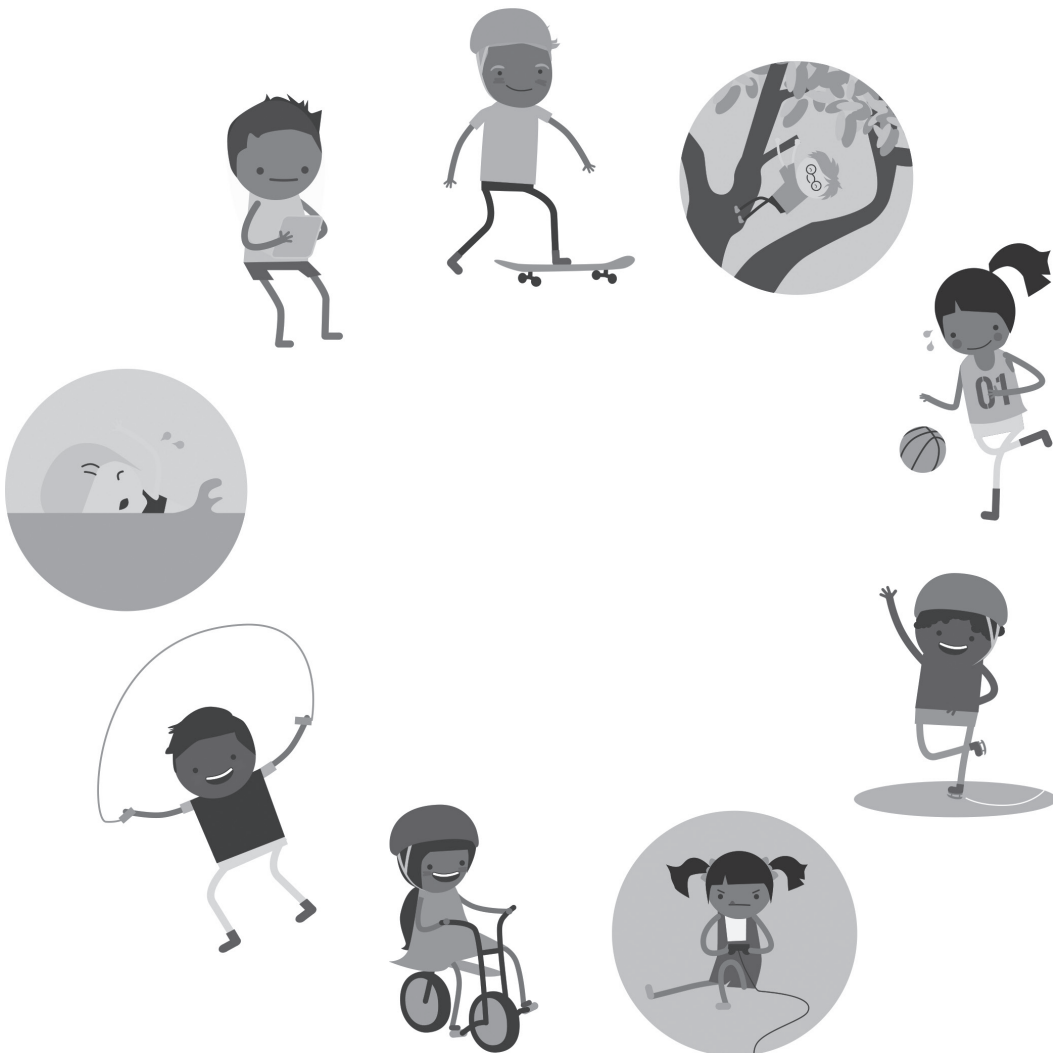
How many activities could you do today? Circle them.

Which activities are your favorite? Draw a triangle around them.

Which activities would you like to try? Draw a square around them.

List some physical activities that you like to do that aren't shown!

- _____
- _____
- _____



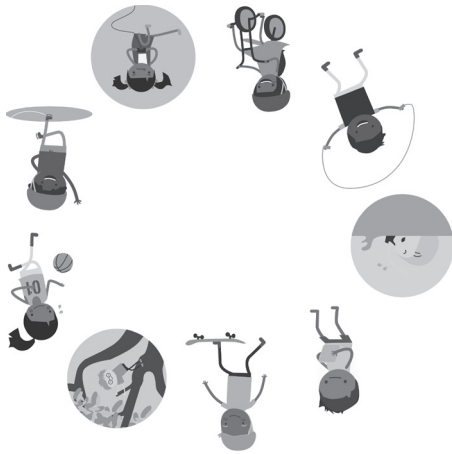
Can you draw a picture of you doing your favorite activity in the middle of the circle?

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:

Can you draw a picture of you doing your favorite activity in the middle of the circle?



PHYSICAL ACTIVITY SCHEDULE
 How many minutes of physical activity should you do every day? 60
 Which activities are your favorites? Draw a triangle around them.
 Which activities would you like to try? Draw a square around them.
 List some physical activities that you like to do that aren't shown!

Do you remember some of the benefits of being active?

- gives you energy
- improves your mood
- helps fight diseases
- controls your weight
- helps you sleep better
- makes you stronger
- helps your heart, bones, blood, muscles and brain
- is fun!

What's "Screen Time"?
 Screen time is time spent in front of a screen.
 How much screen time should you have each day after school? 2 hours or less.

