



NUTRITION

Children's Activity Pyramid

Barbara Willenberg
Associate State Food and Nutrition Specialist

Have FUN and be active each week by trying some of these activities...

With your family

- go biking
- take a walk together
- play at the park
- have a "turn-off-the-TV-day"

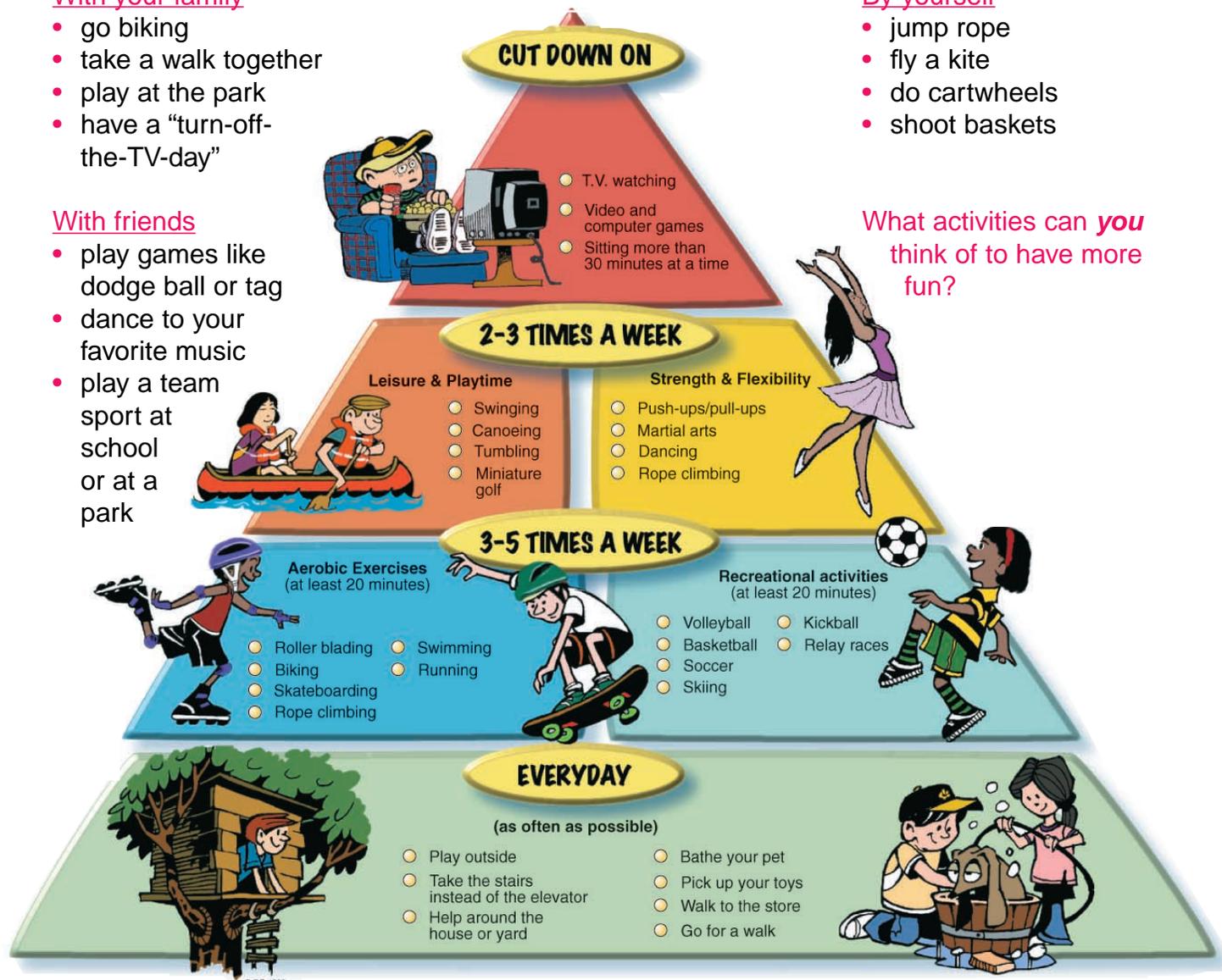
With friends

- play games like dodge ball or tag
- dance to your favorite music
- play a team sport at school or at a park

By yourself

- jump rope
- fly a kite
- do cartwheels
- shoot baskets

What activities can **you** think of to have more fun?



My Own Activity Pyramid

Hey, kids!

This is your own personal physical activity pyramid. List your physical activities for a week.

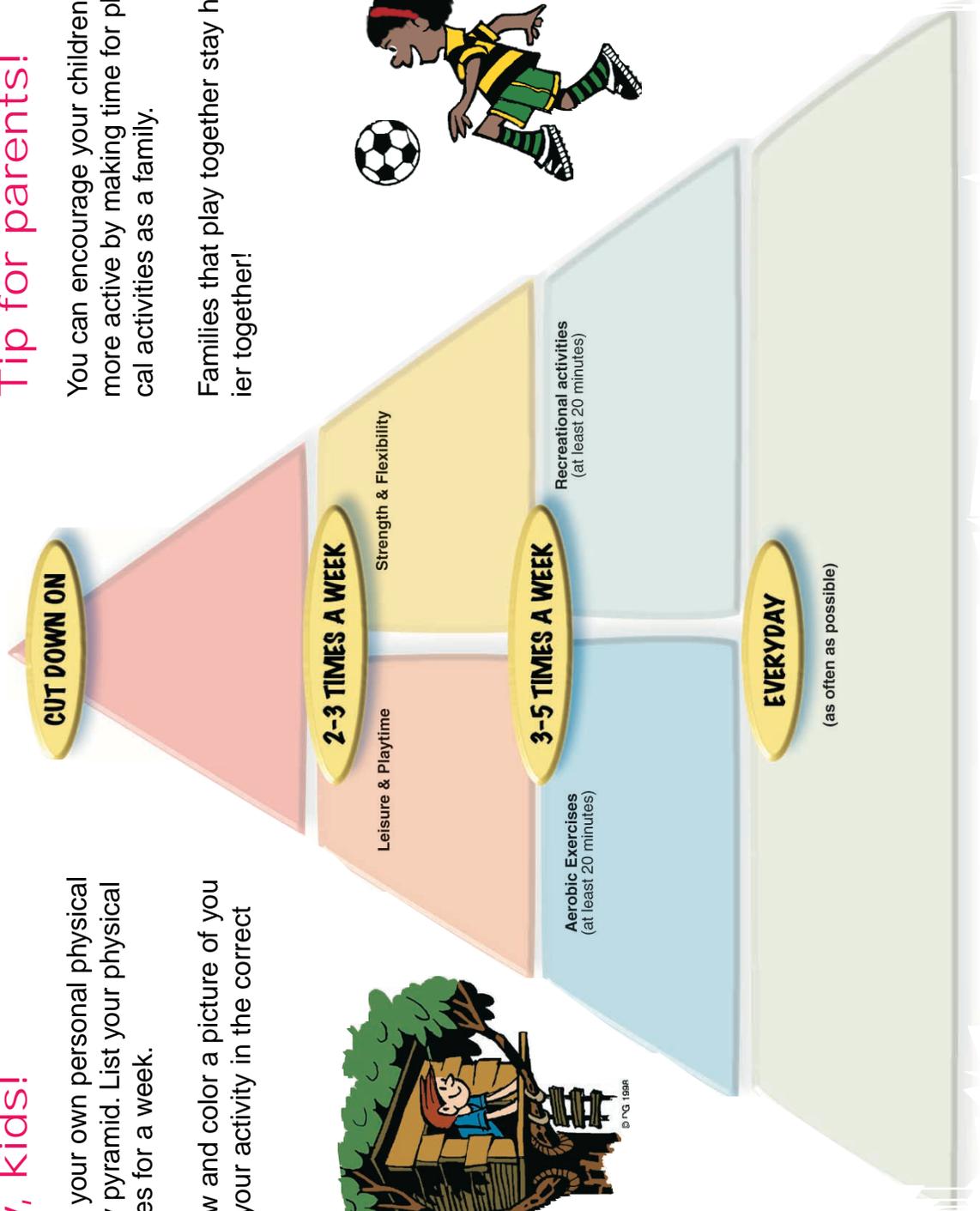
Or draw and color a picture of you doing your activity in the correct space.



Tip for parents!

You can encourage your children to be more active by making time for physical activities as a family.

Families that play together stay healthier together!



OUTREACH & EXTENSION
UNIVERSITY OF MISSOURI
COLUMBIA

■ Issued in furtherance of Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. Ronald J. Turner, Director, Cooperative Extension, University of Missouri and Lincoln University, Columbia, MO 65211.
■ University Outreach and Extension does not discriminate on the basis of race, color, national origin, sex, religion, age, disability or status as a Vietnam era veteran in employment or programs. ■ If you have special needs as addressed by the Americans with Disabilities Act and need this publication in an alternative format, write ADA Officer, Extension and Agricultural Information, 1-98 Agriculture Building, Columbia, MO 65211, or call (573) 882-7216. Reasonable efforts will be made to accommodate your special needs.