

BRIGHT IDEAS ...for using the Eat Smart. Play Hard.™ materials



Celebrate Physical Activity with Eat Smart. Play Hard.™

May is National Physical Fitness and Sports Month and a great time to power up with your family, community, and school. Here are a few ideas to get you moving.



Encourage “Playing Hard!” at Home, Community, Work, and School

At home and community —

- ⇒ Take a walk with a child or family member. Even offer to walk a neighbors dog.
- ⇒ Play a physical game such as “Twister”, or the limbo.
- ⇒ Go bowling or hit your local skating rink or pool during the “open or public” session.
- ⇒ Ride bikes to a local farmers market. Buy a new fruit or veggie to try at dinner.
- ⇒ Participate in a charitable event that features a physical activity. There are many walks/runs/rides for great causes. Or sponsor such an event to raise money for your own organization.

At an office or clinic—

- ⇒ Have a [Power Up Moves](#) session for clients or staff in the waiting room or during a meeting stretch break.
- ⇒ Start a walking group at lunch.
- ⇒ Add signs at elevators that encourage users to “take the stairs.” Be sure to include how many calories are burned per flight.
- ⇒ Chart out a “walking map” of routes starting from your building or community center. Be sure to include routes with various distances (i.e. short, long). Send out maps via e-mail, in new employee packets, or post on a fitness board.

At school—

- ⇒ Hold an assembly featuring [Power Up Moves](#). Have the School Principals and Teachers lead the activity!
- ⇒ Walk or bike to school or work for a week. It will encourage others to do the same.
- ⇒ Make a **Coloring Book** from the [Power Panther & Slurp images](#) of sports and physical activities. Print the outlined versions of the images and lead the group describing each picture, talking about the activities, and trying them. Children can choose pictures of the physical activities they want to try and staple together as a book to take home. Older kids can make a collage of the [images](#) they want to try!

