



# Healthy Kids Club



## Word Search

Staying healthy and active is important to keep our bodies in good shape! We've written some sentences here and left one word out. Use the words at bottom to fill in the blanks to get some fun ideas to share with your friends and family! The correct answers are below, but no peeking!

- When I'm stuck inside on a rainy day, I could \_\_\_\_\_ to my favorite music.
- \_\_\_\_\_ my dog outside is a great way to exercise - for my dog too!
- Going roller \_\_\_\_\_ is fun to do with friends in the neighborhood .
- Family \_\_\_\_\_ rides are good exercise and fun!
- At recess and after school , \_\_\_\_\_ rope contests are fun and challenging .
- On hot summer days , \_\_\_\_\_ with friends and family is a great way to cool off
- When it's winter, \_\_\_\_\_ a snowman and decorating him keeps me warm.
- It is important for me to drink lots of \_\_\_\_\_ everyday!
- When my friends and I are looking for something to do, we could play a game of \_\_\_\_\_.
- \_\_\_\_\_ in a race is a good exercise for my heart.

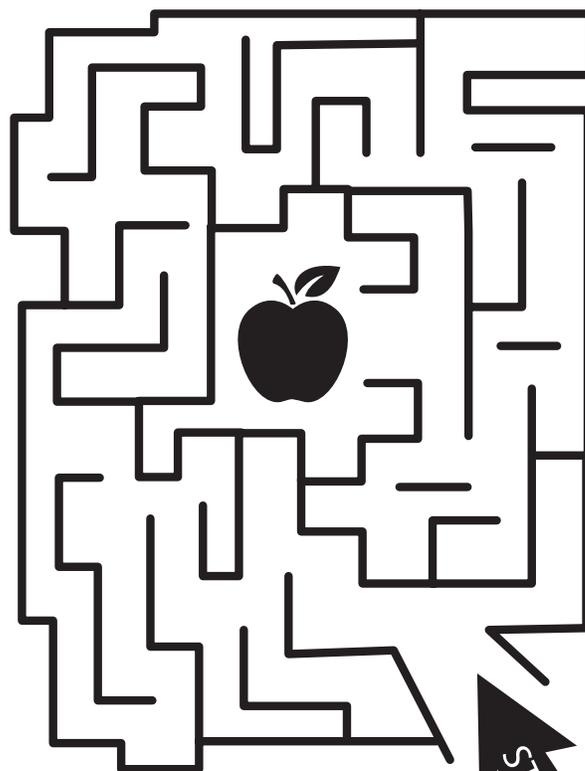
Use these Words:

swimming	water	baseball	bike
skating	building	jump	dance
	walking	running	

Answers: 1. dance 2. walking 3. skating 4. bike 5. jump 6. swimming 7. building 8. water 9. baseball 10. running

## Apple Maze

Find your way through the maze to the healthy snack!



START HERE



Hey kids! For more ideas on staying healthy, check out my Healthy Kids Club page at [CoordinatedCareHealth.com](http://CoordinatedCareHealth.com)