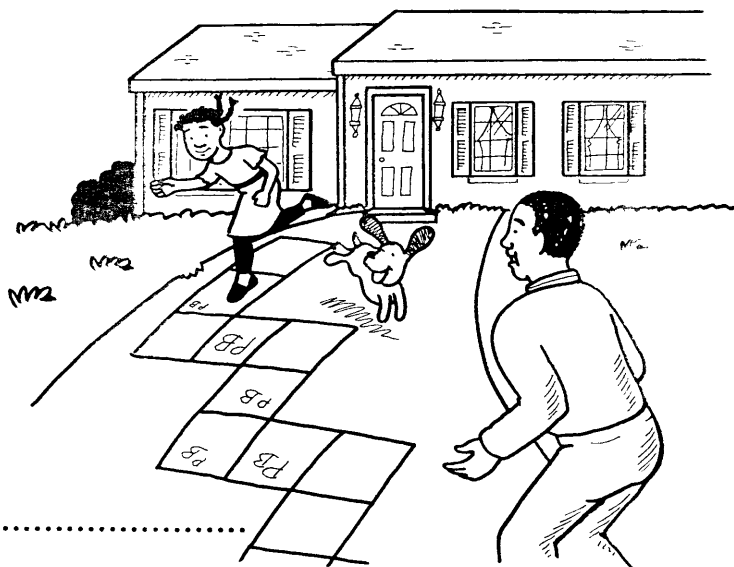


ACTIVE FUN

Being active helps your children build strong muscles and stay fit—plus it's fun! Encourage them to get the recommended 60 minutes of physical activity every day by thinking of new ways to play. Try these ideas to get them up and moving.



ZIGZAG HOPSCOTCH

Have your child use sidewalk chalk to draw a staircase-shaped hopscotch board on a sidewalk, driveway, or blacktop. She can hop on one foot from one end to the other, landing on one square at a time. If she makes it without putting her other foot down, she writes her initials in any square. On your turn, you must hop over the square she initialed. If you make it, you initial any empty square. Keep taking turns, hopping only on empty squares or ones with your own initials, until every square is claimed or no one can hop across. The player with initials in the most squares wins.

MALLET-FREE CROQUET

Map out a path through a playground (under the slide, around a tree, through the jungle gym). Take turns rolling a tennis ball through the course. Each time you roll the ball through an obstacle, move on to the next one. If you miss, it's the next player's turn. Whoever gets the ball through all the obstacles and back first is the winner and gets to lay out the next course.

SLOW-MOTION RACE

When you take a walk, try this race where the slowpoke wins. Challenge your family to walk in *s-l-o-w m-o-t-i-o-n* from one end of a block to the other. Your children will build balance and muscle control as they try to make each step last as long as possible. There's only one rule to follow: everyone must keep moving—no stopping allowed. The last person to get to the end wins.

PENNY HUNT

Count out 15 pennies. Have your youngster cover her eyes while you hide them around the house. Set a timer for two minutes, and let her race to find the pennies before the time runs out. Next game, have her hide the pennies, and you hunt. You can help each other find the pennies faster by saying "you're hot" when one of you gets close to a hiding place and "you're cold" when you're moving away from one. *Idea:* Move the game outdoors and hide pennies in bushes, under rocks, or in sidewalk cracks.



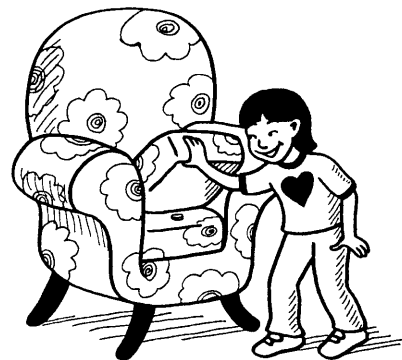
KICK AND BLOCK

Make a large circle using a garden hose, and place a soccer ball in the center. Both players stand in the circle. One person is the "kicker," and the other person is the "blocker." The

kicker tries to kick the ball out of the circle (*note:* he has to kick in the direction of the blocker). The blocker uses his feet to try to keep the ball in. When the ball goes out of the circle, swap roles and play again.

FISH OR FOWL

You can play this game on sidewalks or grass. One player is the caller. If the caller names a fish (bass, perch, tuna), the other players jump backward. If he names a bird (robin, woodpecker, seagull), players jump forward. The caller keeps naming fish or fowl, trying to trick the jumpers. If you jump in the wrong direction, you're out. The last person in the game becomes the new caller. Play until everyone has had a turn being the caller.

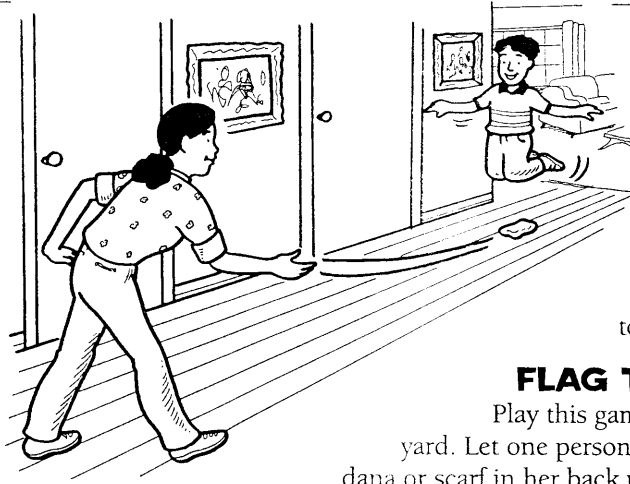


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Nutrition Nuggets

BEAN BAG TAG

The object of this game is to tag the other person's feet with a bean bag. Choose a place with a wood or tile floor such as a hall, kitchen, or basement. Have your child stand at one end of the room while you stand at the other. To play, take turns sliding the bean bag across the floor at each other's feet. Try to dodge the bean bag by jumping over it. Score a point each time you're successful. Play until someone scores 10 points. *Variation:* To make the game more challenging, toss the bean bags toward each other's feet at the same time.



can pretend to wade through the stream, balance on the bridge, and use the stepping stones to jump across a make-believe swamp. When he finishes, it's your turn to take the island challenge.

FLAG TAG

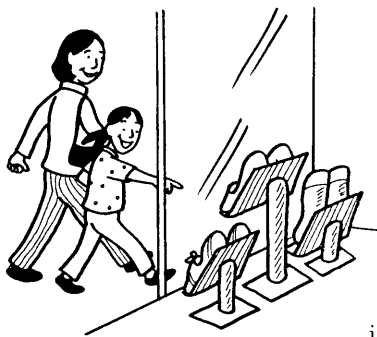
Play this game at a park or in a backyard. Let one person be "it" and tuck a bandana or scarf in her back pocket with a tail hanging out. Other players chase "it" and try to steal the bandana. The person who grabs the bandana tucks it into her own pocket and tries to keep other players from stealing it.

COME ACROSS

How many ways can you cross a playground? Let your youngster start the game by saying, "Come across the playground like this..." and then crossing the playground in a funny way (spin like a top, walk on his heels). All the other players must cross in the same way. Then, the next person says, "No, no, no. Come across like this..." and leads players across the playground a different way (walking sideways). How many ways can you think of?

RAINBOW WALK

Walk laps up and down a shopping strip or around a mall until you've spotted one item for every color of the rainbow. For example, you might find red shoes, an orange safety cone, a yellow sundress, green shampoo, blue jeans, indigo earrings, and a violet rug. Or take a rainbow walk



in the neighborhood, and see who can find a red flag on a mailbox, an orange flower, and so on.

BEACH-BALL VOLLEYBALL

Two or more people can play this version of volleyball. Lay a jump rope or clothesline in a straight line to mark the center of your court. *Tip:* The court can be big or small, but it works best with at least six feet on each side of the line. Divide into two teams and stand on opposite sides of the line. The first team tosses a beach ball into the air and hits it over the line. The other team hits it back. Teams score a point each time the ball lands on their opponent's side of the line. The first team to score 15 points wins.

FIVE-MINUTE IDEAS

Suggest short bursts of activities with these everyday ideas.

INSIDE

- Put on music, and lip-synch while doing your best dance moves.
- Play with a pet.
- Do a "routine": five forward rolls, five pushups, and five backward rolls.
- Set up a row of stuffed animals. Roll a ball toward them, and score a point for each object knocked down.

- Line up and have each person put his hands on the waist of the person in front of him. See how fast you can snake your way through the house without breaking the chain.

OUTSIDE

- Practice basketball free throws.
- Play a game of catch.
- Take turns throwing a Frisbee and measuring the distance you tossed it.
- Skate around the block together.



- Pick a starting point and a finish line. Have a relay race.

Editor's Note: Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets

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