






Nutrition and Fitness Calendar

Google the titles in each box for nutritional information and fitness activities.

1 	2 GoNoodle	3 Physical Literacy Hands Up	4 Adventure to Fitness	5 Kidnetic	6 Choose MyPlate Kids	7 Bam Body and Mind
8 	9 Nourish Interactive	10 Whip Nae Nae Elementary Cardio Workout	11 Kid's Health	12 Let's Move	13 Sid Shuffle	14 Cosmic Yoga
15 	16 Fit for a Feast	17 Burp It on Challenge	18 Super Healthy Kids	19 MLSPE	20 Fundoodaa Fitness for Kids	21 Just Dance 4
22 	23 The Learning Station	24 Skip Count Challenge with Music	25 PE Central Dance Idea of the Month	26 Monkeysee Fitness for Kids	27 Just Dance Kids	28 PE Gang
29 	30 American Heart Assoc. Healthy Kids	31 Shape Up America				

GET OUTSIDE SUNDAYS- Just Play!

Food Color of the Day- Try to eat a fruit and/or vegetable that matches the color of the day. On Sunday, try to eat all the colors of the rainbow in fruits and vegetables.