

Fitness is Fun

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



Healthy Hawks



Helping kids share, talk and create ideas for fitness since 2008

913-588-2452

www2.kumc.edu/kids/healthyhawks

Fitness is Fun!



This book belongs to

**I was heading home to watch TV
and have a snack of chips and soda.**



**My friend Joe said, "Bye, Couch Potato."
"Whaddaya mean?" I asked. "I'm not a Couch Potato!"
"Duh!" he said as he went to his soccer game.**

I wasn't really big on exercise, but I thought I could try. "Sitting around playing video games and watching TV isn't really healthy," Joe said. "Come to the soccer game. It'll be fun."



The soccer game was fun!



The coach came up to me and asked if I wanted to play. "Nuh-uh," I said. "I don't know how. I'm not really a sports person." "That's okay," he said. "You can be an active, fit person."

**I learned that being active makes you
feel better about yourself.**



You have to exercise if you want to stay healthy!

The coach told me to get physically active. Here are some ways to do it...

• **Throw a frisbee**



• **Jump rope**



• **Swim**

• **Walk in the park** • **Ride a bike** • **Rollerblade** • **Dance**

You don't have to be afraid to play sports.



Just get out there and have fun – for the HEALTH of it.



Everyone can benefit from regular exercise.

When you are active you will:

- **have stronger muscles and bones**
- **be thin, not fat**
- **be sick less often**
- **help your heart be stronger**
- **feel better about yourself!**



I like being more active. I feel good and I'm happier. My grades are even better.



**My friends and I love to be physically active.
My days as a couch potato are gone forever!**



THE WORDS ARE ALL MIXED UP.



Can you unscramble the words?

HINT: The word begins with the letter in black.

1. **s**ecceirxe _____

2. **t**srops _____

3. iw**s**m _____

4. **g**jo _____

5. y**l**ap _____

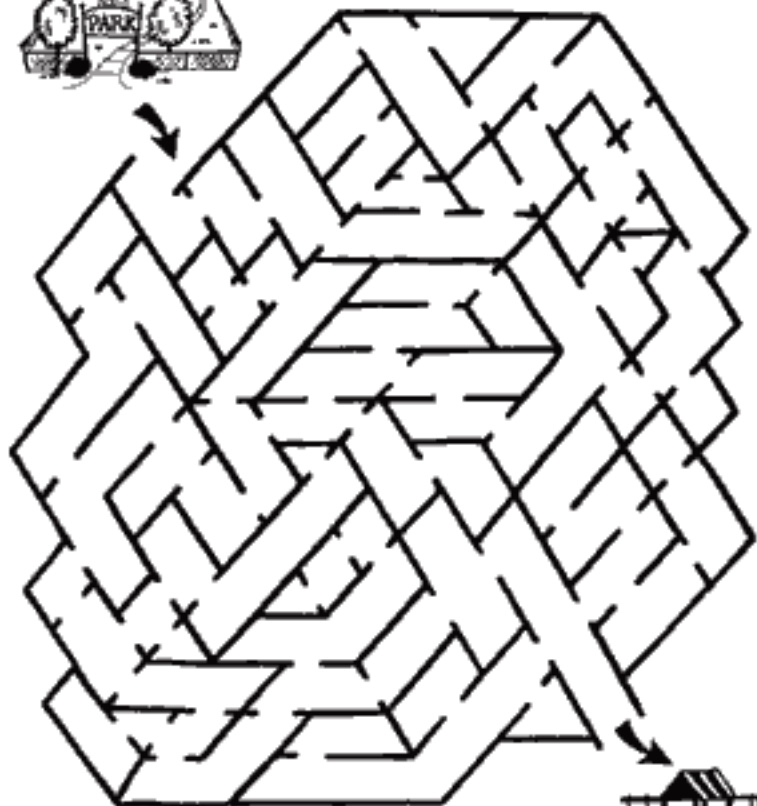
6. setn**i**fs _____

7. cre**s**co _____

8. lehay**h**t _____

A-MAZING!

Find your way from the front of the park to the playground.



MOVE AND GROOVE!

Circle the active choices and mark a big X through the wrong choices.



Bicycling



Jogging

Watching TV

Coloring

Snacking



Walking

Swimming

Skate Boarding

Soccer

Running

Video Games

WHICH ONE IS DIFFERENT?



FITNESS FILL IN



Fill in the missing word.

1. Start your _____ program slowly.
2. Try not to be a _____ potato.
3. Try to _____ every day.
4. Exercise is fun with _____.
5. Being fit is good for your _____.

Work Out Your Smile!

1. Why is a tennis game so loud?
2. What kind of cats like to go bowling?
3. Why was Cinderella such a bad player?
4. Why was Cinderella thrown off the team?
5. Why did the golfer have an extra pair of pants?
6. What do a dog & a baseball player have in common?
7. What's the difference between a dog and a basketball player?



ANSWERS:

1. Because the players raise a racket. 2. Alice cats. 3. Her coach was a pumpkin. 4. She ran away from the ball.
5. To catch her pet a fishbrowns. 6. They both catch flies, chase things & run for home when they see the catcher!
7. One barks, the other bounces.

Fitness is Fun!

*I promise to be active and to eat
healthy foods everyday for good
health and fitness.*

Sign your name here



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