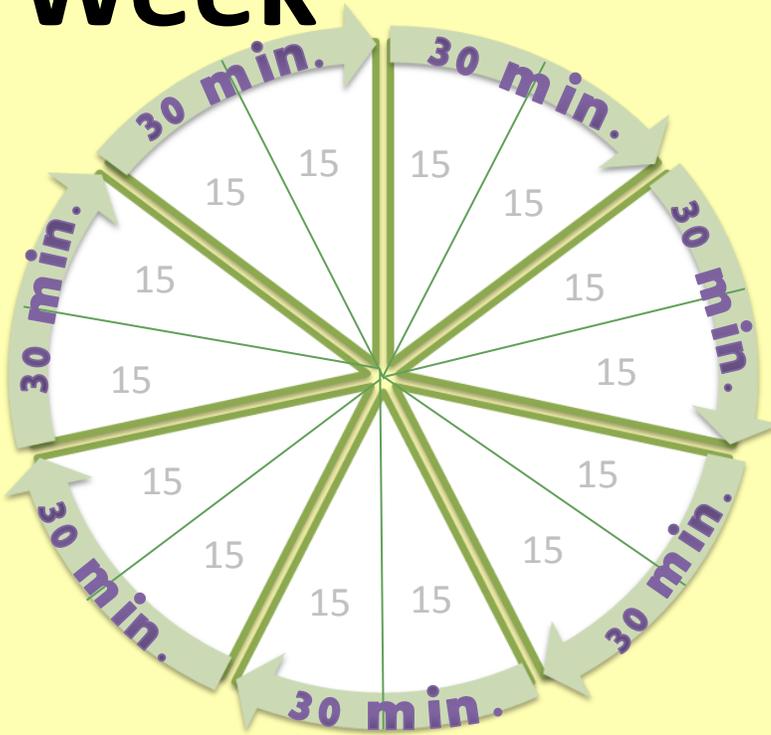


# Family Fitness

Eat Healthy, Be Active: Your Kids Are

## Week



Color in a pie piece for every 15 minutes of physical activity. Can you get your pie completely filled by week 2?

### Physical Activity Recommendations:

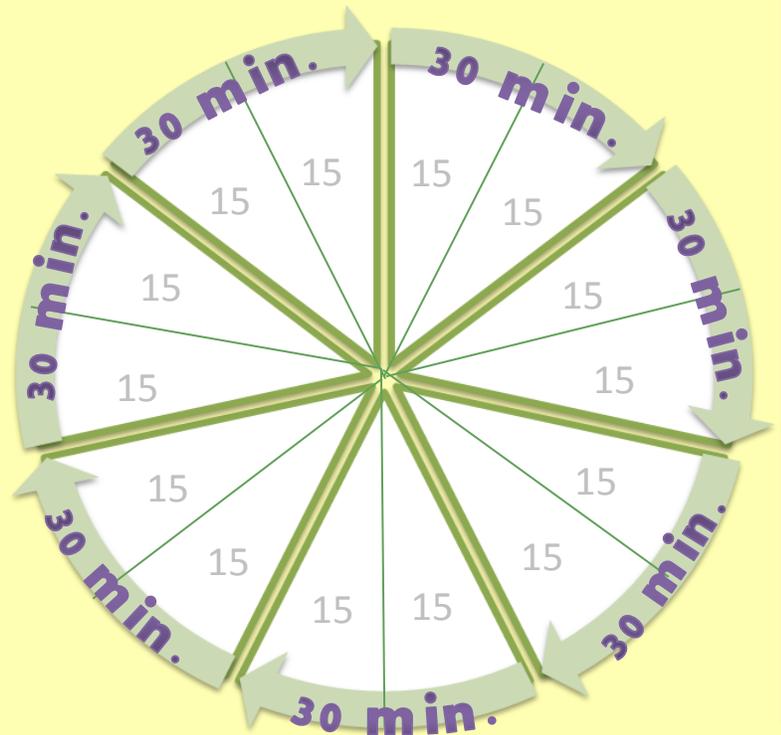
150 minutes/week for adults

60 minutes/day for children

Name: \_\_\_\_\_



## Week



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families project.