



March Into Spring

March 2017



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>NATIONAL NUTRITION MONTH</p>	<p>Here are some suggestions of healthy snacks you can include in your daily diet: -Apples -oranges -melons -berries -carrots -raisins -yogurt -carrot -cheese sticks -almonds -pretzels -any type of fruit or veggie</p>					
			<p>1 Play a game with your family and have a healthy dessert.</p>	<p>2 Ask an adult to time you as you do sit-ups for minute</p>	<p>3 Don't forget Breakfast.</p>	<p>4 Cook a healthy dinner with your family.</p>
<p>5 Go to the park and shoot some hoops or play on the playground.</p>	<p>6 Run in place for a minute. Rest and try it again.</p>	<p>7 Make a healthy lunch.</p>	<p>8 Dance with a family member.</p>	<p>9 Dribble a ball 50 times. Don't forget your other hand.</p>	<p>10 Do 10 jumping jacks for every letter in your name.</p>	<p>11 </p>
<p>12 Don't forget to exercise your brain. Read a book.</p>	<p>13 Do 25 Jumping Jacks.</p>	<p>14 Ask an adult to go for a walk. Eat a piece of fruit.</p>	<p>15 Show your family how long you can do the plank.</p>	<p>16 Have a healthy snack.</p>	<p>17 . Eat a green vegetable for St. Patty's Day. </p>	<p>18 Dust off our bike, fill the tires with air and go for a ride.</p>
<p>19 Enjoy the day and exercise.</p>	<p>20 Welcome Spring! Go outside and play</p>	<p>21 Have a relay race with your friends.</p>	<p>22 Play outside for 20 minutes with your friends. Remember to eat you veggies.</p>	<p>23 Show your family what you learned today in PE.</p>	<p>24 Take a walk with an adult for 20 minutes.</p>	<p>25 Practice your favorite activity.</p>
<p>26 Ask an adult to go to the park.</p>	<p>27 Do your favorite day from this calendar.</p>	<p>28 How long can you hop on one foot? Try the other foot. Do it again.</p>	<p>29 Jump rope for 5 minutes.</p>	<p>30 Dance to your favorite music.</p>	<p>31 Show your family how many push-ups you can do. Have an Apple!</p>	<p></p>

