

IT'S TIME TEXAS PRESENTS
HEALTHY
TEXAS
WEEK APRIL 29 - MAY 5, 2019

HOW HEALTHY CAN YOU BE DURING HEALTHY TEXAS WEEK?

We challenge you to see how many healthy foods and activities you can fit in during Healthy Texas Week. Use this healthy checklist to check off items as you go!



SHOP Healthier

How many of these healthy foods can you add to your menu?

- | | |
|---|---|
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Salad | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> onions or garlic |
| <input type="checkbox"/> Baby carrots | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> oatmeal | <input type="checkbox"/> Apples |
| <input type="checkbox"/> Yogurt with fruit | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Celery |
| <input type="checkbox"/> oranges | <input type="checkbox"/> Baked chicken or fish |
| <input type="checkbox"/> Tangerines | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Whole grains
(quinoa or brown rice) |
| <input type="checkbox"/> Squash or zucchini | |

Bonus Challenge: Can you go a whole week without soda & sugary drinks?

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Work Up a SWEAT

How many of these fun, healthy activities you can accomplish this week?

Dance Party: Turn on the music and shake your groove thang!

Pushup Contest: Challenge a friend to see who can do the most pushups

You're it! Start a game of tag at recess

Race time! Challenge your friends to a race at recess

Jump Rope: See who can do the most jumps in a row

Get Sporty: Start a game of basketball or soccer during recess or after school

Sit-up Contest: Challenge a friend to see how many you can do

Balancing Contest: See who can balance the longest on one foot

Stretch Time: Spend 5 minutes stretching your muscles before going to sleep

Obstacle Course: Set up furniture to jump over, climb through, and run around

Hopscotch: Grab some chalk and draw a hopscotch course outside

Headstand: Challenge a friend to see who can stand on their head the longest

Crab Walk: See who can reach the finish line fastest walking like a crab

Leapfrog: Have a race leaping like a frog or hopping like a bunny

Scavenger Hunt: Make a list of items around your home or classroom and race to see who can find them fastest

Cleanup Race: Set a timer to see how quickly you can clean your room

Parachute Game: Grab all four sides of sheet and fan it upward while someone runs under it. Don't get trapped underneath!

Freeze Dance: When the music stops, hold your pose until it starts again

Hallway Bowling: Fill up water bottles and use any ball you have to see who can knock them over

Bubble Bash: Blow bubbles and see who can pop the most

Keep off the Ground: Toss a balloon up in the air and see how long you can go without letting it touch the floor

Red Rover: Link arms with a friend and see who can run through the barrier

Follow the Leader: Follow the leader as they jump, stomp, run, squat, and more

Jumping Jack Contest: See who can get to 25 the fastest

Walk This Way: Take turns seeing who can come up with the silliest way to walk

Bonus Challenge: Can you drink 64 oz. of water every day this week?

Your Name Here: _____

On April 6, visit healthytexasweek.com/ididit to download your Healthy Texas Week certificate of completion!

