



outdoors™



1
1 or more hours of physical activity each day
Be active outdoors

2
2 or less hours of screen time each day
Find alternatives to screen time and conserve electricity



2



3

3 balanced meals each day
Pack balanced meals or snacks for outdoor adventures

4
4 or more cups of water or low/no-calorie beverages each day
Drink plenty of water and conserve it too



4



5

5 or more servings of fruits and veggies each day
Eat local fruits and veggies

Make healthy easy outdoors with your family and friends!

Together, choose an outdoor activity that uses one of the five nrgBalance 12345! lessons you learned last week. Here are some ideas to get you started, but you can come up with fun ones on your own!

1 or more hours of physical activity each day

Idea: Explore close-to-home parks and trails for a fun and free activity.

2 or less hours of screen time each day

Idea: Plan a screen free night and play a family game instead.

3 balanced meals each day

Idea: Plan a family meal night where the kids plan the menu, or pack a healthy picnic to enjoy outdoors.
Be sure to include a healthy vegetable.

4 or more cups of water or low/no-calorie beverages each day

Idea: Create on-the-go water bottles by decorating them with stickers, markers or paint pens. Remember to wash and re-use!

5 or more servings of fruits and veggies each day

Idea: Buy local fruits and vegetables from the grocery store or market.
Plan to make a veggie pizza or colorful salad.

NAME: _____

Which of the nrgBalance 12345! guidelines did you choose? Color in the number below and return this card to your teacher.

Good job...

you're making healthy easy outdoors!

