

# The Virginia Family Nutrition Program

## Youth Physical Activity Challenge



**Are you interested in joining a 4-week challenge to incorporate more physical activity into your youth program?**



- Offer 60-minutes of physical activity for 4 weeks
- 60 minutes/day (Monday - Friday)
- Log the number of minutes per day for the 4-week challenge
- Report the number of kids who participated, the number of minutes physical activity was offered to children, as well as a short survey at the end of the challenge
- Distribute the free physical activity items

### Join Us!

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**By signing up, you will receive fun, free physical activity items for 25-50 youth and 2 program coordinators**

Physical activity has many health and emotional benefits.

Physical activity includes any type of movement, such as walking, running, playing tag, riding a bike, dancing, jumping on a trampoline, stretching, playing basketball, jumping rope, swimming, etc.

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