



Let's Go!

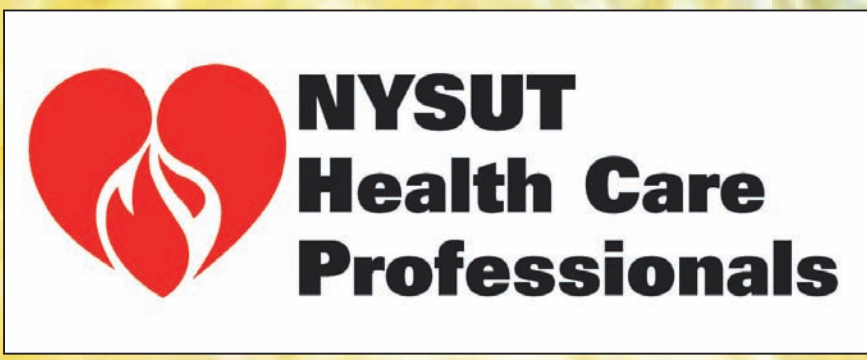
NYSUT's "24/7 Let's Go!" program encourages children to take seven steps each day toward a healthy lifestyle. Endorsed by the American Cancer Society, "24/7" aims to get children active and educates them about the importance of good nutrition. Go to the box office in order to get involved, have a healthy summer and get free tickets to a future Tri-City ValleyCats game.

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24 Tips for 24/7

Here are a few ideas to get you started:

- Walk the dog (or walk the cat).
- Have an adult cut funny shapes out of an apple, then eat them!
- Have a neighborhood Olympics.
- Wash the car.
- Do jumping jacks during TV commercials.
- Drink a glass of juice instead of a bottle of soda.
- Play basketball in your driveway instead of on a video game.
- Have a jump rope competition in your basement.
- Count the number of steps it takes to walk around your block.
- Eat a banana, but don't slip on the peel.
- Watch one less TV show today.
- Eat celery and have a loudest crunch contest.
- Instead of soda and chips, how about carrots and water?
- Create a dinner menu that's healthy and tastes good (your family can help).
- Rake leaves into a big pile, jump in, then rake again.
- Eat at the drive-through one less time this week.
- Play any kind of sport that involves a ball - you can even go bowling!
- At the mall ... take the stairs instead of the escalator.
- Hop up and down on one foot for as long as you can.
- Hoola Hoops are cool again; have a hoola contest.
- Push your younger brother on a swing (but don't send him to the moon).
- Bike, skateboard or rollerblade (hey, you need a helmet!!)
- Take a hike, but take a grown-up with you.
- Got milk? Well, drink it!



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