



LET'S GO!

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24 Tips for 24/7

- 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!