



Kids Corner

Active-An-Hour-a-Day

The Gulf Ridge Council of Boy Scouts of America, which includes Polk County, is promoting a healthy-living initiative called "ScoutStrong" in collaboration with the President's Council on Physical Fitness, Sports and Nutrition.

To earn the Scout-specific Presidential Active Lifestyle Award, designed to teach the importance of making healthy choices, children under 18 must be physically active 60 minutes a day (30 minutes for adults), for at least five days a week for six out of eight weeks. More than 100 activities count toward the daily requirement, including walking, running, gardening and canoeing.

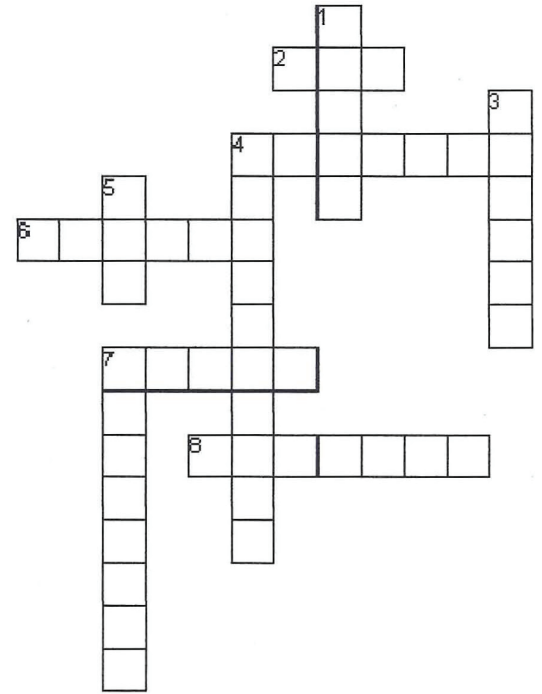
There are 2.7 million Scouts between the ages of 7 and 21 in the U.S.

Across:

- 2. Run and chase your friends when you are "it" in this game.
- 4. Ride this two-wheeler up a hill for an extra exercise boost!
- 6. Perfect for kids who enjoy competition and teamwork.
- 7. Number of minutes you should spend being active each day.
- 8. Two-legged transportation that can get you lots of places!

Down:

- 1. Hip-hop, jazz, and ballet are just a few ways you can do this activity.
- 3. A break from classwork when you are at school. Make the most of it by playing ACTIVE games.
- 4. Jump, shoot and dunk your way to fitness.
- 5. This four-legged friend would love to take YOU for a walk
- 7. This fun activity will leave you soaked.



WORD BANK: basketball, bicycle, dance, dog, recess, sixty, sports, swimming, tag, walking

Puzzle answer: www.friendsoftheparks.net

Solution for puzzle featured in January 2003 newsletter, located at <http://nutritionforkids.com/emlnews/FK-Jan03.htm#act>

Active-An-Hour-a-Day Puzzle Solution

