SPRING BREAK SPRINT!

How many laps can you make this week?

While we are on break, it is important to keep in mind what we do, view, and chew!
SPRING BREAK SPRINT!

Make as many laps as you can around each switch activity!

As you complete each of the activities check off each accomplishment and note how you completed them!

For Do, let’s move more by getting outside:
- Jump rope or play a game outside: 
- Draw with chalk on sidewalk: 
- Go for a bike ride or on a walk somewhere: 

For VIEW, let’s turn off the TV and try other activities:
- Read a book: 
- Do a puzzle or play a board game: 
- Listen to music or dance around: 

For CHEW, let’s boost our consumption of fruits and vegetables:
- Try a Spend Smart. Eat Smart. recipe: 
  ○ [https://spendsmart.extension.iastate.edu/](https://spendsmart.extension.iastate.edu/)
- Try a new Fruit or Vegetable: 
- Make a Healthy Snack: 