

Together we can prevent diabetes!

NESTWORK



Eagle Adventure, Lesson 2

This week we learned that it is important to move our bodies every day to stay healthy and strong. Moving our bodies helps us have energy to play and have fun outside. We can keep our bodies healthy by moving and playing and eating fruits and vegetables.

Ask an adult in your home to help you do this page. Think of some activities you could do instead of sitting and draw or list the activities under the Moving Activities side. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

SITTING ACTIVITIES

MOVING ACTIVITIES



Watching TV



Playing Video Games



Playing on the Computer

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____

