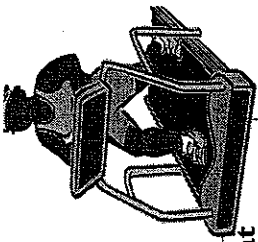


PARK AVENUE
SCHOOL



November 2007 Fit Kids Calendar

By: The 5th Grade Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
Have oatmeal sweetened with natural applesauce for breakfast.	Always wash your hands before & after eating.	Walk to or from school (the long way).	Take a fast walk & look at the Fall foliage.	Jog with a Family member after dinner tonight.	Try a vegetable juice today.	Take a 2-mile walk around the PCHS track (8times=2mi).
11	12	13	14	15	16	17
Try to drink 6-8 glasses of water every day.	Take a walk & count how many trees you see without leaves.	Try carrot cake for dessert.	Trot like a Turkey around the playground 3 times.	Ride your bike for at least 30 minutes & enjoy the fresh air.	Play catch with a friend.	Bake an apple & top it with cinnamon for a tasty treat.
18	19	20	21	22	23	24
Substitute applesauce Instead of butter in you favorite cake recipe.	Bring fruit for snack today.	Try a healthy fresh pumpkin recipe.	Try mashed or sweet potatoes without an added topping.	Join the "turkey trot" at Lyon Park today. Have a healthy Thanksgiving!	Do 10 extra jumping jacks to work off yesterday's meal.	Try to find out how many calories someone your age should have in a day.
25	26	27	28	29	30	
Play an outdoor game such as soccer or football.	Try a vegetable you never ate before.	Try learning to read nutrition labels.	Turn off the T.V. today. Grab a jump rope.	Enjoy a "no junk food" day.	Move the furniture, crank up the music, and dance!	

KING STREET SCHOOL FIT KIDS CALENDAR

NOVEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Each time your team scores in the game today, do 5 push-ups.	5 Hydrate! Drink at least 4 glasses of water today.	6 <i>School Closed</i> Try to eat 5 different colors at dinner tonight.	7 It's Wednesday... why not walk to school today?	8 Play a game of basketball with a friend or neighbor.	9 Bring a fruit or veggies to school for snack today.	10 It's Saturday night. Have a family dance party.
11 <i>Veteran's Day</i> Walk to the post office to mail a letter to a veteran.	12 <i>School Closed</i> Try two different types of apples today.	13 Be sure to get enough sleep. Go to bed earlier tonight.	14 NYS SS Test Eat Brain Food! Add some fish to your diet.	15 NYS SS Test Eat Brain Food! Try another type of fish.	16 Do one sit up for each thing you learned today.	17 Take a nature walk. Count the number of different seeds you find.
18 Do 20 jumping jacks during each commercial break on TV.	19 Jog over to the park after school today.	20 Make a celery & peanut butter <i>Mayflower</i> for a snack.	21 <i>School Closed</i> Sign up today to join the Turkey Trot tomorrow.	22 <i>Thanksgiving</i> Remove the skin from your turkey before you eat it.	23 Walk at least two miles (4000 steps) today.	24 Make a fruit sculpture. Take a picture of it before you eat it!
25 Help rake up the leaves in your yard.	26 Walk, run, or skip 4 times around the high school track.	27 Eat a sandwich on whole grain bread for lunch.	28 Practice jumping rope. How many jumps can you do?	29 Play a game of soccer at recess today.	30 Try salad instead of cheese to eat more veggies!	

Created by King Street's 5th Graders
KSS Class of 2008