



KIDS!

powered by Henry Ford LiveWell

1 Hour or More of Physical Activity

F	R	P	R	O	Y	X	K	O	M	T	D	X	C	H
G	U	Y	K	T	Z	L	J	H	D	C	B	K	C	V
Q	N	U	A	Z	V	B	L	B	M	H	F	R	J	S
O	E	D	A	E	G	J	G	I	Q	X	D	A	G	Z
D	P	C	O	H	S	E	W	X	U	G	P	C	R	H
T	L	B	M	H	S	S	W	U	J	X	Q	E	E	I
B	A	L	L	J	U	M	P	K	U	R	C	D	C	K
H	Y	W	I	P	H	L	L	C	G	C	L	B	E	E
S	F	F	S	N	N	M	R	A	O	R	L	C	S	N
V	L	Q	O	A	D	Q	T	S	Q	W	N	C	S	R
A	J	F	A	C	B	R	L	M	F	A	V	G	V	Q
F	Z	L	T	C	W	R	R	R	D	L	Q	P	H	M
T	Q	G	D	L	I	W	F	T	K	K	F	K	D	S
S	H	X	M	K	X	V	S	H	K	R	W	B	Q	N
L	S	A	F	O	C	T	O	H	K	V	K	B	F	G

BALL
DANCE
HIKE

JUMP
PLAY
RACE

RECESS
RUN
SOCCER

SWIM
TAG
WALK



HENRY FORD
LIVEWELL

henryfordlivewell.com/5210