



# Second Quarter Challenge

Fast Break for Fitness



## Challenge Details:

Things are heating up. Find your fast break and move your body to take at least 150,000 steps.

Visit [bewellshbp.com/jump-shot-for-health](https://bewellshbp.com/jump-shot-for-health) to learn more and register.

## Date(s):

2/14/2025 - 3/14/2025

## Five Fitness Tips



### 1 Stay Active Every Day

Try to move around and play for at least 1 hour each day. You can ride your bike, play tag, or dance!

Source: CDC



### 2 Eat Fruits and Vegetables

Make sure to eat plenty of fruits and vegetables. They help you stay strong and healthy.

Source: USDA



### 3 Drink Lots of Water

Drink water instead of sugary drinks. Water keeps your body hydrated and helps you feel good.

Source: KidsHealth



### 4 Get Enough Sleep

Make sure to get 7-9 hours of sleep every night. Sleep helps your body and brain rest and grow.

Source: Sleep Foundation



### 5 Limit Screen Time

Try to spend less time on screens and more time being active. Too much screen time can make you feel tired.

Source: American Academy of Pediatrics