

WELLNESS CHALLENGE

COLORING BOOK

Practice healthy nutrition and physical
activity behaviors each day

Print out & play!

WELLNESS CHALLENGE COLORING BOOK

Resources, Videos, and Games



Type these links in the search bar
online to enjoy the activities!

The Five Fabulous Food Groups video:

<https://bit.ly/2JPpcqn>

Nutrition word search activity:

<https://bit.ly/2Xw2Ylt>

Video on protein:

<https://bit.ly/2XgB2BT>

8 minute workout:

<https://bit.ly/39VDyQB>

Adapted yoga video:

<https://bit.ly/34kljC9>

“Can’t Stop the Feeling” seated chair dance:

<https://bit.ly/34q0N4i>



Practice healthy nutrition and physical activity behaviors each day. Once the activity is complete, color it in! How many challenges can you complete?

*Links to videos & online sources can be found on the last page.

Eat 4-6 servings of non-starchy vegetables

Option 1: Start in a seated position & hold your arms out to the side and then bring arms to the front. Repeat as many reps as you can.
Option 2: Start in a seated position, extend both legs and hold for 1-2 seconds, return to starting position. Complete 10-12 reps.

Drink 8 glasses of water throughout the day
Color in as you go!



Follow along and complete an [8 minute workout \(Video\)](#)*



Consume a food with omega-3 fatty acids, such as types of fish or nuts.

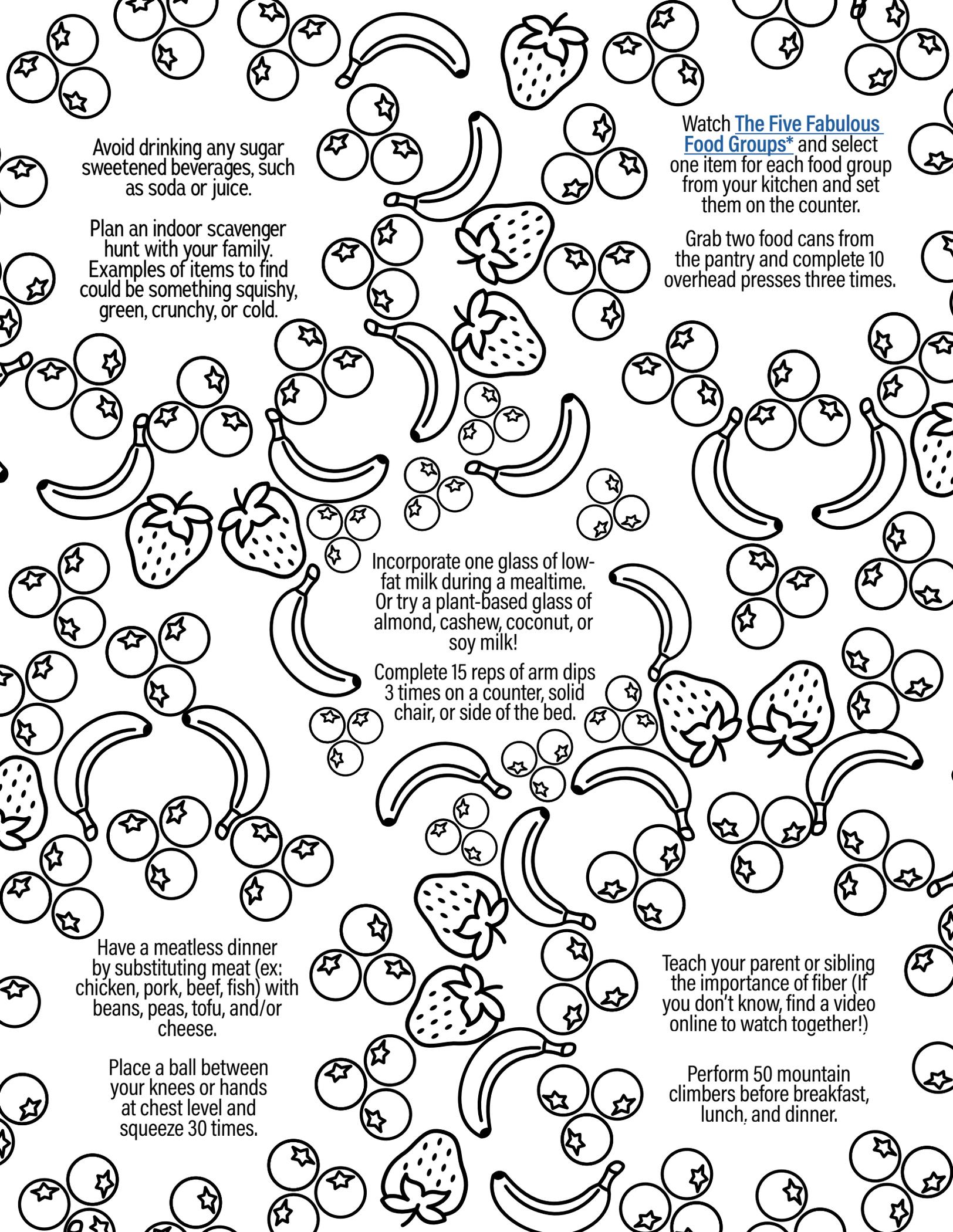
Complete 30 shoulder shrugs by moving shoulders to your ears and releasing.

Taste a new vegetable you have never eaten before or cook one a new way.

Grab two soup cans or water jugs from the pantry and perform 12 bicep curls with each arm 3 times.

Plan a healthy meal with your parents or guardian and create a shopping list.

Follow along to a choreographed seated dance, ["Can't Stop the Feeling"](#) & [bust a groove!](#)*



Avoid drinking any sugar sweetened beverages, such as soda or juice.

Plan an indoor scavenger hunt with your family. Examples of items to find could be something squishy, green, crunchy, or cold.

Watch [The Five Fabulous Food Groups*](#) and select one item for each food group from your kitchen and set them on the counter.

Grab two food cans from the pantry and complete 10 overhead presses three times.

Incorporate one glass of low-fat milk during a mealtime. Or try a plant-based glass of almond, cashew, coconut, or soy milk!

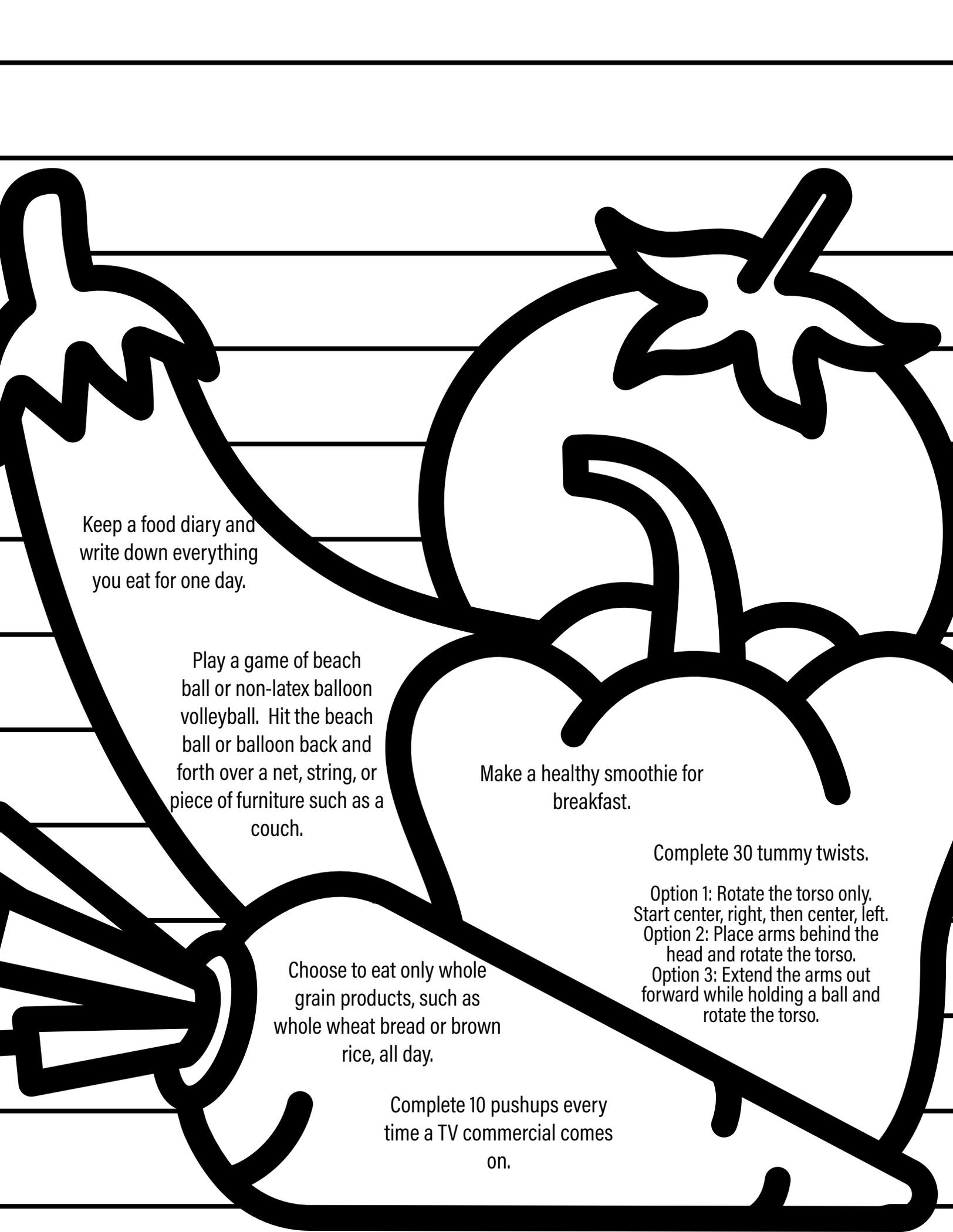
Complete 15 reps of arm dips 3 times on a counter, solid chair, or side of the bed.

Have a meatless dinner by substituting meat (ex: chicken, pork, beef, fish) with beans, peas, tofu, and/or cheese.

Teach your parent or sibling the importance of fiber (If you don't know, find a video online to watch together!)

Place a ball between your knees or hands at chest level and squeeze 30 times.

Perform 50 mountain climbers before breakfast, lunch, and dinner.



Keep a food diary and write down everything you eat for one day.

Play a game of beach ball or non-latex balloon volleyball. Hit the beach ball or balloon back and forth over a net, string, or piece of furniture such as a couch.

Choose to eat only whole grain products, such as whole wheat bread or brown rice, all day.

Complete 10 pushups every time a TV commercial comes on.

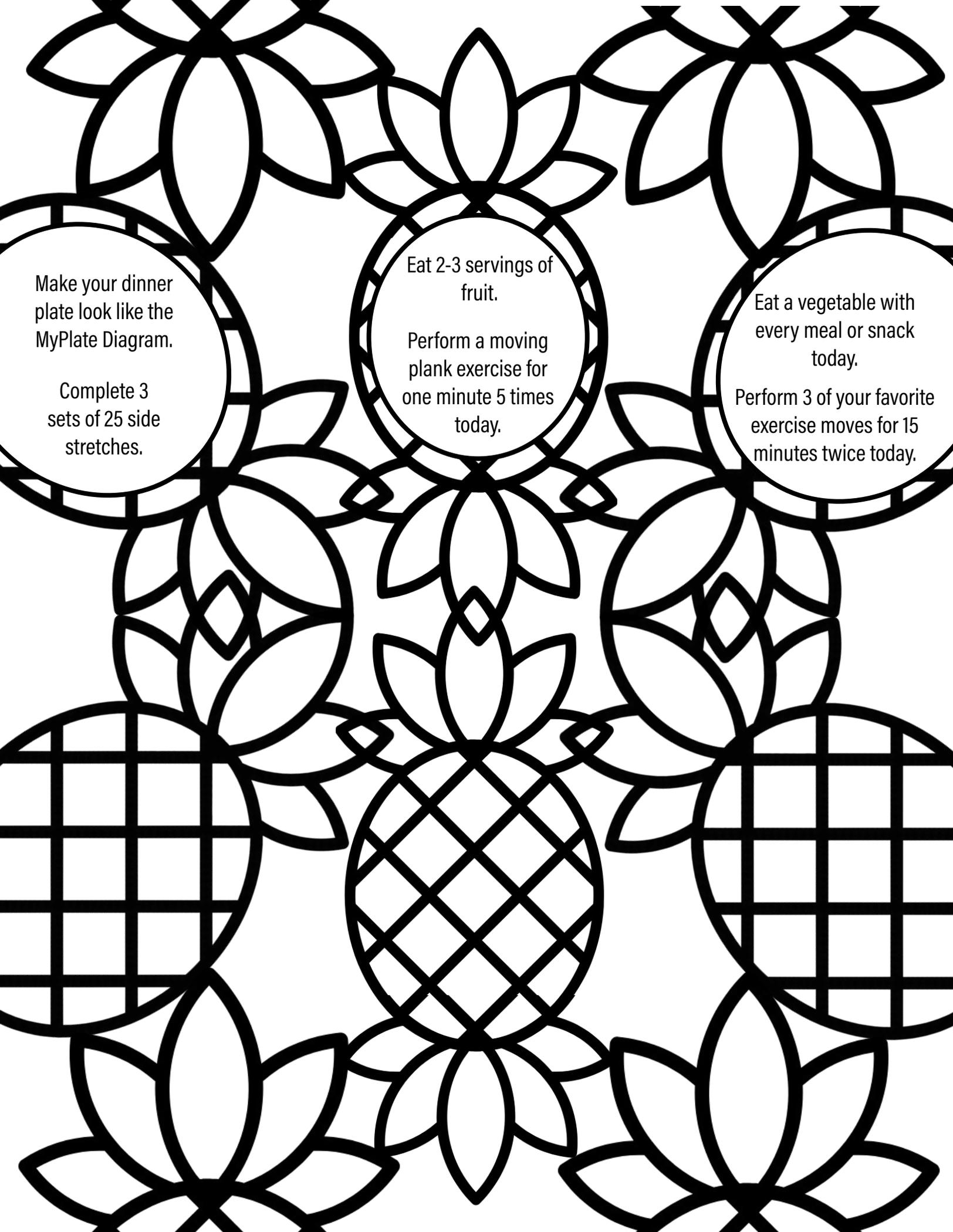
Make a healthy smoothie for breakfast.

Complete 30 tummy twists.

Option 1: Rotate the torso only. Start center, right, then center, left.

Option 2: Place arms behind the head and rotate the torso.

Option 3: Extend the arms out forward while holding a ball and rotate the torso.



Make your dinner plate look like the MyPlate Diagram.

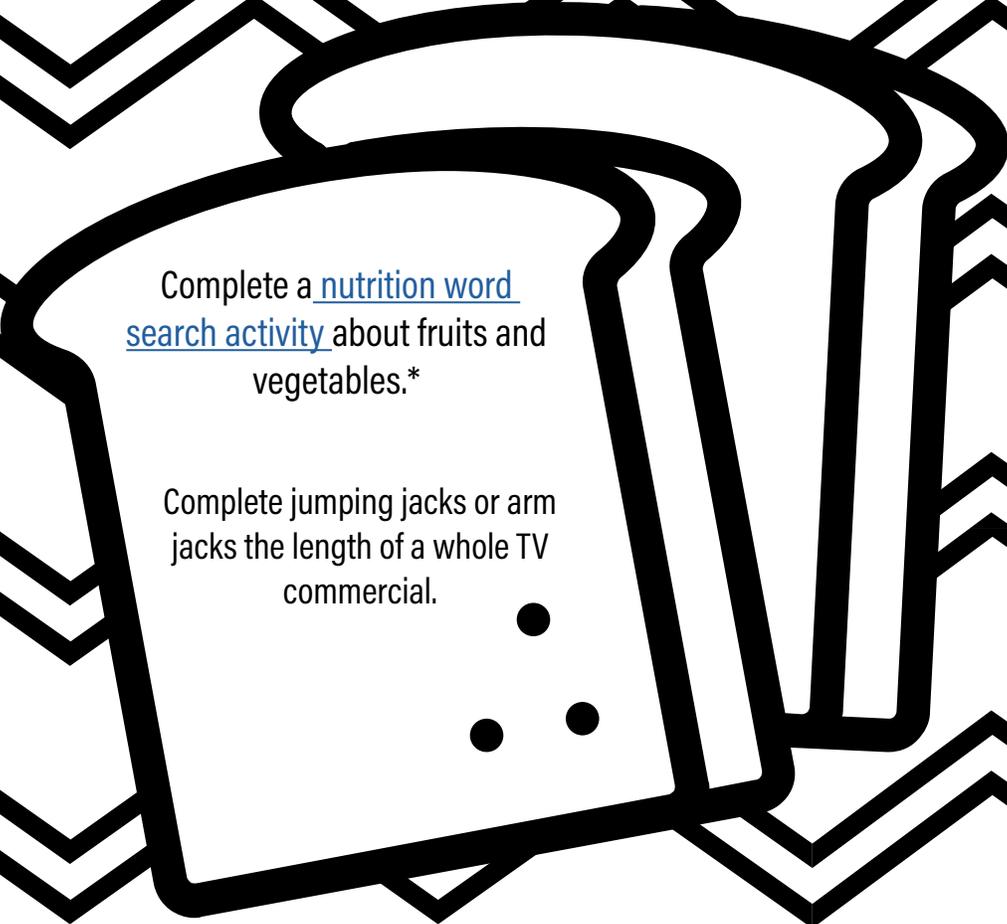
Complete 3 sets of 25 side stretches.

Eat 2-3 servings of fruit.

Perform a moving plank exercise for one minute 5 times today.

Eat a vegetable with every meal or snack today.

Perform 3 of your favorite exercise moves for 15 minutes twice today.



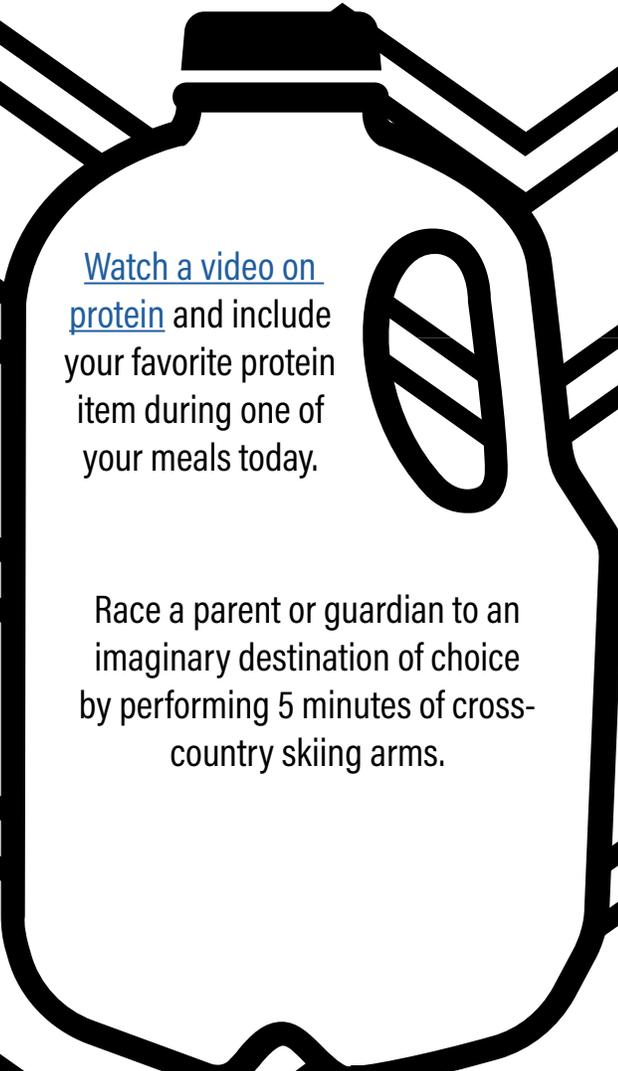
Complete a [nutrition word search activity](#) about fruits and vegetables.*

Complete jumping jacks or arm jacks the length of a whole TV commercial.



Cook a meal with your family and avoid adding salt to the recipe and when at the table.

Work on your flexibility and [complete this adapted yoga video](#). Invite your family members to join!*



[Watch a video on protein](#) and include your favorite protein item during one of your meals today.

Race a parent or guardian to an imaginary destination of choice by performing 5 minutes of cross-country skiing arms.