



# Get active. Get fit. Be healthy.

Your ticket to health



Have fun  
getting healthy





Your ticket to health will take you on a fantastic journey. It'll test your strength, flexibility and endurance. Even more important, it'll show you how to get fit for the rest of your life.

Inside are some exercises you can do at home with your family or friends. There are also healthy tips and activities for you to enjoy along the way. Staying healthy isn't always easy, but it can be a whole lot of fun.

**When you exercise, remember to drink lots of water.**

# Get active



## Toe taps

It feels good to stretch. And it's good for your muscles. This exercise will show you how flexible your muscles are. It's a good way to warm up safely, which can lower the chance for injuries.

1. Stand with your legs shoulder-width apart.
2. Bend over as far as you can and try to touch your toes. Bend your knees if needed.
3. Count to 2 and come back up to your starting position. See how many you can do in 1 minute.

Write the number of toe taps you did below

Today

After 1 week

After 2 weeks



## Sit-ups

This is a great exercise for strengthening your stomach muscles.

1. Lie on the ground with your knees bent.
2. Ask someone in your home to kneel behind you and support your head.
3. Reach your arms forward and touch your knees.

Write the number of sit-ups you did below

Today

After 1 week

After 2 weeks

# Get fit



## Star jumps

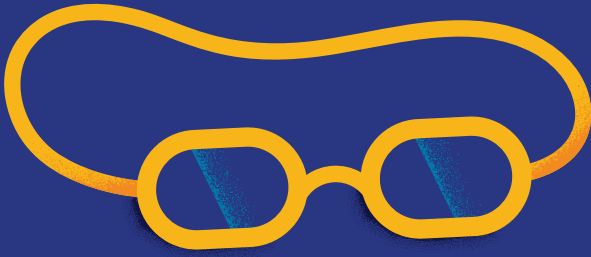
1. See how long you can jump without stopping.
2. Stand tall. Then jump into the air, stretching out your legs and arms to look like a star.
3. When you're in the air, be sure to shout, "I'm a star!"

Write the number of star jumps you did below

Today

After 1 week

After 2 weeks



## One ticket to health

Your journey to be healthy continues each day.

\_\_\_\_\_

Date

\_\_\_\_\_

Ticket Number

\_\_\_\_\_

Name

\_\_\_\_\_

Signature

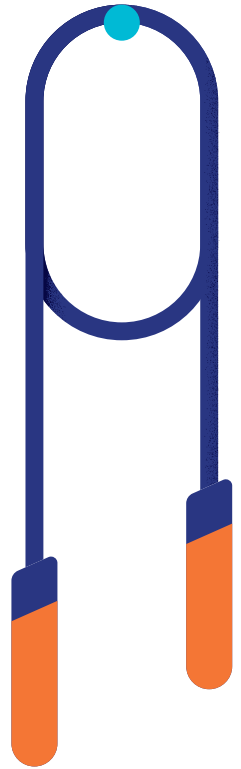
# Be healthy



## Make exercise a part of your daily life

Here are some easy ways to stay active:

- Take your dog for a walk or walk to the store or school.
- Join a sports team or start a pickup game at the playground.
- Play tag with a friend or go to the park with kids in your neighborhood.
- Do something active on the weekend or in the evenings with your family.
- Help your parents with yard work or chores around the house.
- Take the stairs when you can.



**Snack on fruits and veggies. They're packed with vitamins and minerals to help you stay fit and healthy.**



## Word-find

Can you find the hidden healthy snacks?

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

**Cheese**

**Fruit**

**Nuts**

**Vegetables**

**Yogurt**



# Be healthy

## Healthy food scramble

Healthy eating doesn't have to be yucky. Below are some great healthy food ideas, but they're all scrambled up. Unscramble them, and then write the letters in the blue boxes in order to find 1 more word big about healthy eating.

**AENBS**

--	--	--	--	--

**SUPOS**

--	--	--	--	--

**ITRFU**

--	--	--	--	--

**OCCORBIL**

--	--	--	--	--	--	--	--

**IWIK**

--	--	--	--

**UACNATLPOE**

--	--	--	--	--	--	--	--	--	--

**KILM**

--	--	--	--

**OEGSNAR**

--	--	--	--	--	--	--

**OLDMANS**

--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--



## Parents...

Did you know 1 out of every 5 kids has weight issues? Part of the problem is a lack of physical activity. As a parent, you can help your kids get moving. Do things together as a family, like walking, biking or running. Try to move every day. It's easier for kids to get in good habits when they see their parents doing it.

### Here are some family fitness tips for parents:

- Exercise while watching TV. Do sit-ups, push-ups or run in place. And put a 2-hour limit on TV, video games and the computer.
- Plan active family outings on the weekend. Help your kids plan group activities, like skating or playing sports.
- When kids can't go outside, suggest active indoor games.
- Be an "exercise buddy." Set goals and plan daily activities.
- Sports like swimming or tennis can form lifelong fitness habits.





## Learn more about UnitedHealthcare Community Plan

Call toll-free **1-800-903-5253**, TTY **711**

8 a.m.–8 p.m., 7 days a week

**uhccp.com**

