



MAUS FIT

HEY KIDS!

The Dallas Mavericks want you to take part in the MAVS FIT Challenge!

MAVS FIT encourages kids of all ages to make healthy choices, including nutritious eating and regular exercise as part of their a daily routine.

HERE'S HOW IT WORKS:

1

READ through the program guide

2

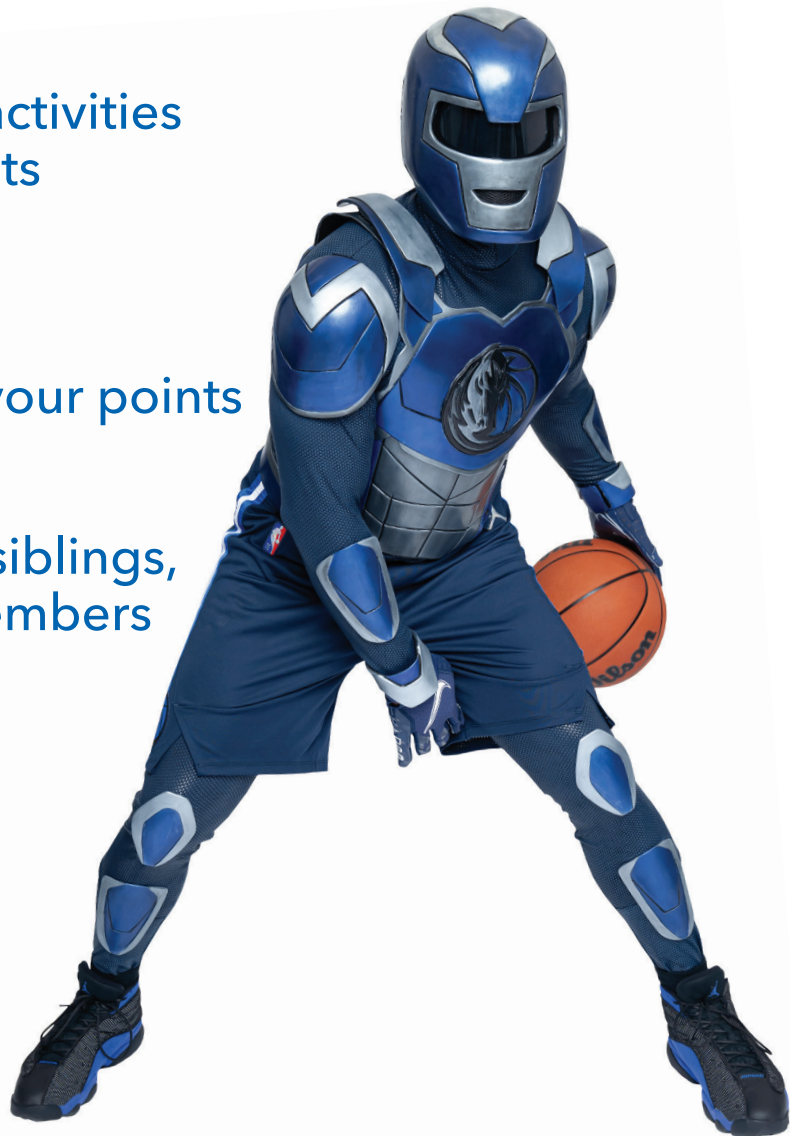
COMPLETE the various activities from the packet for points

3

FILL OUT your MAVS FIT Challenge Log to track your points

4

COMPETE with friends, siblings, classmates, or family members for 30 days!



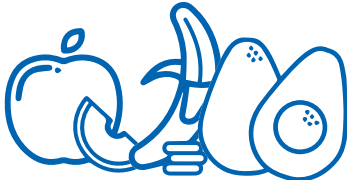
WHAT DOES MAVS FIT MEAN?

Many different decisions contribute to being fit such as eating well, getting a lot of physical activity and exercise and being at a healthy weight. If you're fit, your body works well, you feel good and you can enjoy playing with your friends! Here are eight steps to get MAVS FIT!

1

EAT A VARIETY OF FOODS, ESPECIALLY FRUITS & VEGETABLES

If you eat different foods, you will get the nutrients your body needs. Try new foods and old ones you haven't tried in a while.



 **MAVS FIT GOAL: Eat 2 fruits and 3 vegetables per day!**

2

DRINK WATER & MILK MOST OFTEN

When you're really thirsty, water is the best to drink. Milk helps grow strong bones. Limit drinks that contain a lot of added sugar.



 **MAVS FIT GOAL: Drink between 5 and 8 cups of water per day!**

3

LISTEN TO YOUR BODY

When you eat, notice the difference between "comfortable full" & "over full". Sometimes people eat too much because they don't notice when they should stop. Eating too much can make you sick or tired and can lead to unhealthy weight gain.



 **MAVS FIT GOAL: Take your time eating each meal and stop eating when you have had enough to be "comfortable full".**

4

LIMIT SCREEN TIME

What's screen time? It's the time you spend watching TV or playing video games. The more time you are sitting down, the less time you have to be active.



 **MAVS FIT GOAL: Spend no more than 1 hour a day on screen time (time spent on school work doesn't count!).**

5

BE ACTIVE

It's important to find out which activities you like best! There are lots of ways to get active. Ask your parents to help with activities or make a list of fun stuff to do when it's time to stop watching TV.



MAVS FIT GOAL: Find a way to be active every day for at least 30 minutes!

6

USE SOME BALANCE

Have you ever heard the phrase "everything in moderation"? This is a great rule to remember when it comes to being fit! You can enjoy your favorite foods or TV shows, but you should limit the amount of unhealthy food and time spent sitting around.



MAVS FIT GOAL: Replace an unhealthy snack with a healthy one and replace a non-active activity with an active one!

7

GET PLENTY OF SLEEP

Sleep gives your body time to rest and get more energy for the next day. Most kids between five and 12 years old need 10 or 11 hours of sleep each night, but some kids need more sleep than others. When your body doesn't have enough rest, you might feel sleepy, cranky, or even think unclearly.



MAVS FIT GOAL: Get at least 10 hours of sleep per night!

8

TALK TO YOUR PARENTS

Parents can be a big help if you want to be a fit kid. For example, they can stock the house with healthy foods and plan fun activities for the family. Tell your parents what you learn in this MAVS FIT Challenge and ask them to help you meet your goals.






MAVS FIT GOAL: Tell your parent one healthy choice you make each day!

HEALTHY EATING FOR KIDS



WHAT ARE THE DIFFERENCES BETWEEN:

FOOD GROUP	WHOA FOODS  "ONCE IN A WHILE" These foods should make you say exactly that, "Whoa! Should I eat this?" Whoa foods are the least healthy.	SLOW FOODS  "SOMETIMES" These foods aren't off-limits, but they shouldn't be eaten every day. At most, eat them a few times a week.	GO FOODS  "ANYTIME" These foods are the healthiest for you, and you can enjoy eating them almost anytime.
VEGGIES	vegetables fried in oil like french fries or hash brown potatoes	vegetables with added salt or fat, oven-baked fries, avocados	fresh, frozen & canned vegetables without added fat, butter or sauces
FRUITS	fruits canned in heavy syrup	100% fruit juice, fruits canned in light syrup, dried fruits	fresh or frozen fruits, canned fruits packed in juice
BREADS & CEREALS	doughnuts, muffins, croissants, sweet rolls, sweetened breakfast cereals	white bread, biscuits, taco shells, french toast, waffles, pancakes, granola	whole-grain: breads, tortillas, pastas or breakfast cereal, brown rice
DAIRY	whole milk, cream cheese, yogurt made from whole milk	2% milk, processed cheese spreads	skim & 1% milk, part-skim & reduced-fat cheese/cottage cheese, low-fat & fat-free yogurt
SWEETS & SNACKS	cakes, cookies, pies, ice cream, chocolate candy, chips, buttered popcorn	graham crackers, ginger snaps, fig bars, low-fat popcorn	frozen fruit-juice bars, low-fat frozen yogurt, soy ice cream, rice cakes, raisins, apple slices
KETCHUP and other stuff that goes on food	butter, margarine, lard, creamy salad dressing, cream sauce, gravy, cheese sauce	low-fat mayonnaise, low-fat sour cream	ketchup, mustard, fat-free mayonnaise, olive & vegetable oil, oil-based or fat-free dressing
MEATS & PROTEIN	regular ground beef, fried or breaded meats, hot dogs, pepperoni, bacon, sausage	chicken or turkey with skin, low-fat hot dogs, ham, tuna canned in oil, peanut butter, nuts, eggs cooked without added fat	extra-lean ground beef, tuna canned in water, chicken, turkey without skin, fish or shellfish served broiled, baked or grilled

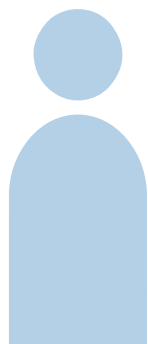
GET UP AND GET MOVING!

EXERCISE & ACTIVITY FOR KIDS

No matter what the weather is like or how many friends are around, there's always time to be active and have fun at the same time. It is important to eat healthy AND exercise. You might have heard the phrase "calories in, calories out". This means that within moderation, foods you put into your body can be worked off through activity.

WHY IS EXERCISE IMPORTANT?

1 Exercise makes your heart stronger	2 Exercise strengthens your muscles	3 Exercise increases your flexibility	4 Exercise will help you build a strong body
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ACTIVITIES TO DO WHEN IT'S JUST YOU

- 1 Ride your bike (don't forget your helmet)
 - 2 Go rollerblading/skateboarding (don't forget your helmet & pads)
 - 3 Jump Rope/Hula Hoop (count how many times you can go around before you miss)
 - 4 Dance to your favorite music
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ACTIVITIES TO DO WHEN THERE ARE TWO

- 1 Play one-on-one basketball
 - 2 Go for a walk
 - 3 Have a relay race
 - 4 Play catch with a football or baseball
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ACTIVITIES TO DO WHEN YOU'RE IN A GROUP

- 1 Play team sports like basketball, baseball, soccer or kickball
- 2 Play Tag or Hide-and-Seek
- 3 Go on a scavenger hunt



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