



Healthy Kids Club®  
A program of UCHealth

# Healthy Kids Connection

April 2021

**Healthy Kids Connection** is a monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

## Earth Day is April 22. Let's all work to "Restore our Earth!"

The theme of this year's Earth Day is Restore our Earth. We love that we can celebrate Earth Day with 5210+ because eating 5 delicious servings of healthy fruits and vegetables is a healthy habit that is good for us and good for our earth. Additionally, getting our 1 hour of physical activity and drinking water (0 sugary drinks) requires clean air and clean water - other amazing reasons for taking care of our Earth. Read on for some fun activities to celebrate Earth Day and spring.



## Healthy Kids Club program updates



### 5210+ Challenge update

- Students and Staff who got your 80 or more checks, you earned a T-shirt! We will deliver T-shirts to schools the week of May 3.
- Families-if you got your 80 or more checks, you have been entered to win a T-shirt. We will announce winners in May.
- Watch your inbox for a 5210+ Challenge survey. We need your feedback!

## Lace up your running shoes and get ready for race season!



The 22nd annual Healthy Kids Run Series looks a little different this year! Due to social distancing and health/safety considerations, Healthy Kids Club will provide participants with 4 one-mile course maps that they can complete anytime during the designated month, on their own.

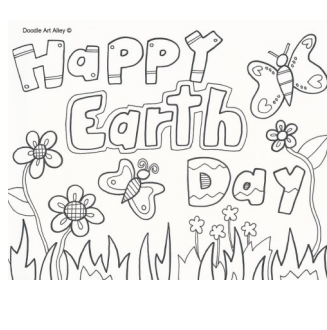
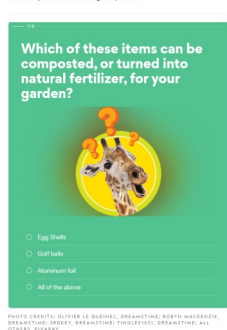
**The first run will be in May!**

[Click here to find out more information and to register.](#)

## Kids' corner

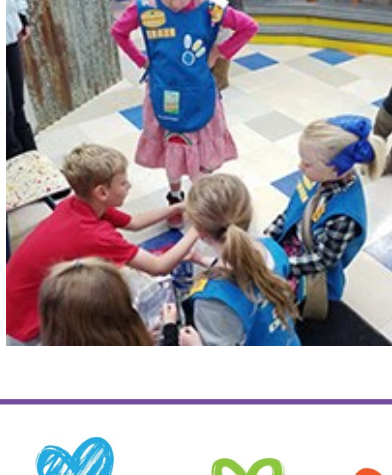
### Earth Day and spring activities

Click on the images below to download and print or play online.



**Want some hands-on fun while learning about recycling?** Have you ever wondered how a landfill works? Or what gets made from all that stuff we recycle? At the Garbage Garage Education Center, located at the Larimer County Landfill, you will find out!

The adventure begins by entering the "Mountain of Trash," a tunnel-like hallway covered in discards from the landfill. Visitors learn just how much trash they create, where it goes, and alternatives to throwing it all away. [Click here](#) for more information and an event calendar.



## Celebrate Earth Day and spring with these fun recipes!

Click on each image to get the recipe.

### Sea Turtle Snacks

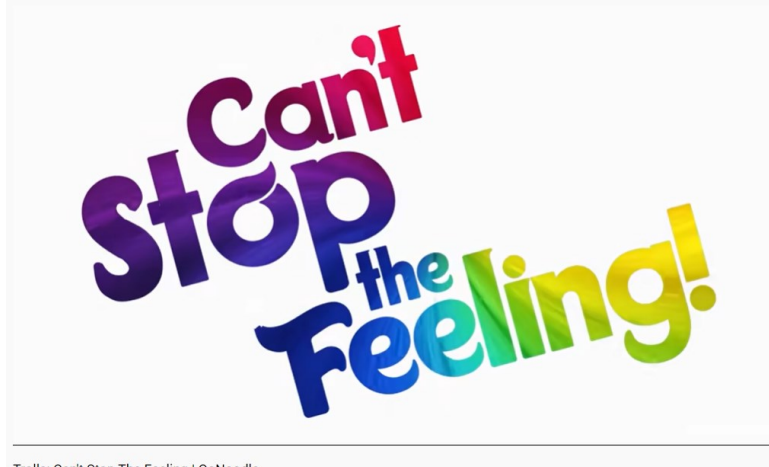


### Butterfly Snack Bags



## Can't stop the feeling!

Click on the image below to celebrate Spring with this super fun GoNoodle! Get that sunshine in your pocket and that good soul in your feet as you dance, dance, dance.



## Turn off your screens and try these fun Earth Day projects.

Whether it's planting a garden or recycling, kids love projects that are fun and help our Earth. Click on the images to try these creative ideas!



## Water- Our most precious resource!

We know that water is the healthiest drink and 5210+ encourages drinking water over every other beverage, especially sugary ones. Part of restoring our earth is making sure our future does not include a water shortage. [Click here](#) to learn how you can help to conserve water. We all need to do our part!



Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: [laurie.zenner@uchealth.org](mailto:laurie.zenner@uchealth.org)

[Click Here](#) to be added to the Healthy Kids Club Mailing List.

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