

Eco Kids Corner: Air & Fitness Fun

Getting fit can help clean the air! Walking and bicycling keep you fit, and can be used for transportation. Fresh fruits and vegetables are healthy to eat. Choosing **locally-grown** produce reduces the amount of miles food is driven, shipped, or flown, reducing air pollution and greenhouse gases. Playing outside (instead of watching TV or playing computer games) can keep you active, interacting with nature, and keep the air healthy by reducing the need for coal-powered electricity. Make the choices that *fit* your life, keep you safe, and help keep the air clean!

→ Look for words about air and fitness listed below...forward, backward, horizontal, vertical, or diagonal.

air	feel	plant
bicycle	fitness	play
breathe	healthy	riding
choices	hear	see
clean	lifestyle	smell
eating	local	touch
exercise	outdoors	walking

↓ Fill in the missing letters and then put them in the numbered spaces below to discover a special secret sentence about the amazing power you have.

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y j k s m e l l r e b x k h l
c l e a n l c b i c y c l e b
w e x i l t h r q h u i c a e
f e e h o x o e j o u m p r e
d f r e o v u a e i r t h e l
a f c a z y t t d c o g l m y
a r i l e n d h t e a t i n g
w e s t l o o e o s k i f n l
o v e h n e o l y t o n e i t
p l a y g e r i d i n g s h o
t l w o u l s d y l o u t i u
k o e t o e e s h s a e y v c
s c e e w a l k i n g x l w h
i a i r t h m z q e w r e t y
u l i o p a s d f g t n a l p
    
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Walk or bike for short tr₁ps instead of driving a
 vehi₂le.
 Pla₃ outside if the weather is ni₄e.
 Tak₅ your parents on a walk or bike ₆ide.
 Build and play in a ₇ort.
 G₈ for a ₉ike.
 Buy loc₁₀lly grow₁₁ or locally raised f₁₂od.
₁₃ook for bugs and learn their names.
 Use manual lawn and g₁₄rden equi₁₅ment.
 Buy organ₁₆c (food without pesticides).

Pla₁₇t a tree.
 Pull we₁₈ds.
 Plant a gar₁₉en.
 Climb a ₂₀re₂₁.
 Play ₂₂ports from b₂₃seba₂₄l₂₅o jump rope.
 P₂₆ck up tr₂₇sh from around your
 neighborhood.
 Lear₂₈ to juggle.
 Pl₂₉y games like ₃₀opsco₃₁ch or ₃₂ag.

16 4 10 28 22 25 29 3 7 26 31 14 17 19 9 5 13 15 2 24 18 27 11 20 30 21 23 1 6 32 12 8!