



Fall Into Physical Activity

5210 Introduction

With Summer coming to an end, take advantage of the cooler fall weather. Fall weekends are a great time for physical activity, which can counter the effects of the harvest season and the bounty of holiday food. Get outside and enjoy autumn foliage! Use the challenges below to incorporate physical activity into your Fall season.

#getmoving
#physicalactivity
#5210HMC



Post to Social Media

Just copy, paste and post!



No better way to start the school year off with getting at least ONE or more hours of physical activity in. Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun! Here's a great activity to include the whole family <https://bit.ly/2RGR9IE>. To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



It's Fall time! Go out and explore what this season has to offer. And remember to get at least One or more hours of physical activity per day! Here's a fun fall relay race to try <https://bit.ly/2RFXhL9>
#5210HMC #physicalactivity #getmoving

Choose a Challenge

Apple Orchard Adventure

<https://5210.psu.edu/wp-content/uploads/2018/10/Apple-Orchard-Adventure-hmc.pdf>

Harvest Dash

<https://5210.psu.edu/wp-content/uploads/2018/10/Harvest-Dash-hmc.pdf>

Pumpkin Bowling

<https://5210.psu.edu/wp-content/uploads/2018/10/Pumpkin-Bowling-hmc.pdf>

Corn Husking Relay

<https://5210.psu.edu/wp-content/uploads/2018/10/Corn-Husking-Relay-hmc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

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FOR MILITARY FAMILY READINESS