

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Super Snack	2 Family Fun Fitness	3 Beneficial Breakfast	4 Fall Fun Yoga	5 Ditch the Screen
6 National Read a Book Day!	7 "0" Days !	8 National Ants on a Log Day!	9 Family Fun Fitness	10 Beneficial Breakfast	11 Fall Fun Yoga	12 Ditch the Screen
13 Try a new puzzle	14 "0" Days !	15 Super Snack	16 Family Fun Fitness	17 Beneficial Breakfast	18 Fall Fun Yoga	19 Ditch the Screen
20 Play a board game	21 "0" Days !	22 Super Snack	23 Family Fun Fitness	24 Beneficial Breakfast	25 Fall Fun Yoga	26 Ditch the Screen
27 Read a book	28 "0" Days !	29 Super Snack	30 Family Fun Fitness			



Blank Children's Hospital
UnityPoint Health

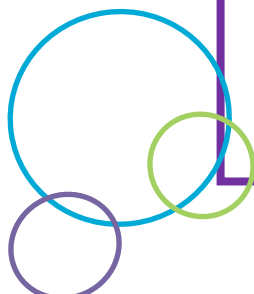


Ditch the Screen

Can you put aside your screen for a WHOLE day? Everyone (from toddlers to grandparents) spends too much time on phones, video games, computers, TVs, and tablets. Make a list of things you can do, preferably outside, and challenge yourself to spend your Saturday screen-free.

Fall Fun Yoga

Grab your yoga mat and head outside! Fall offers beautiful weather and colors that are the perfect setting for relaxing yoga. Try these poses under the falling leaves!

- Easy Seated Pose
 - Standing Forward Bend
 - Downward Dog
 - Crescent Moon
 - Warrior I
 - Warrior II
 - Tree Pose
 - Mountain Pose
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Beneficial Breakfast

As the back-to-school season starts, having a nutritious breakfast is essential. Each Thursday this month, try a breakfast recipe packed full of nutrition. Click on the links to try some fantastic recipes.

- [Banana Pancakes](#)
- [Blueberry Banana Smoothie](#)
- [Simple Breakfast Pizza](#)
- [Apple Cinnamon Muffins](#)
- [Bento Box Breakfast](#)

Super Snacks

Every Tuesday this month, try a new snack packed full of nutrition after school.

- [Peanut Butter and Banana Roll up](#)
- [Apple Granola Stacks](#)
- [Ants on a log](#)—celebrate the national day by having this classic snack
- [Energy Bites](#)—easy on the go snack

Family Fun Fitness

Set aside one hour to do a fun physical activity with your family every Wednesday this month.

- Go for a hike or a walk somewhere new
- Play a mini sports game such as basketball or soccer
- Go for a bike ride
- Try a new form of fitness, such as a high-intensity interval training (HITT) workout

“0” Days!

The “0” in 5210 stands for zero sugary drinks. 70-80% of our body is made up of water, and we need to replenish that after we exercise. Did you know that soda has NO nutritional value and is high in sugar? Try 100% juice if drinking juice and limit the amounts to 4-6 ounces for 1-6-year-olds and 8-12 ounces for 7-18-year-olds. Instead, try water! Keep a pitcher in the refrigerator so it’s always cold and easy to grab. Add lemon, lime, or orange wedges to add natural flavors.

Drink water to help quench your thirst!