

CLIF
KID

60

MINUTES OF
MOTION



How to Use this Deck

The deck contains 25 cards and when you combine the **10 Motion Cards** (1 minute each) and the **5 Activity Cards** (10 minutes each) you've created **60 Minutes of Motion**.*

Use the deck for 60 straight minutes of action, pick a favorite activity or randomly choose a new adventure each day. Whether it's five quick star jumps in the morning or a 30-minute backyard game, the options for an active adventure are limitless.

Incorporate **60 Minutes of Motion** into your daily routine. **Make it your own and have fun!**

Card Overview

10 Motion Cards

one minute bursts of motion that have a specific movement, like star jumps, crab walks or planks

5 Activity Cards

sustained 10 minute activities you can do solo or with friends and family

5 Adventure Cards

wild cards where words and phrases prompt you to choose your own imagination-fueled adventure

2 Game Cards

motion-filled games for hours of family fun and play

1 Nutrition & 1 Hydration Card

tips on how to nourish yourself before, after and during outdoor play and activity

*The U.S. Department of Health and Human Services recommends that children should have 60 minutes of daily physical activity.

Disclaimer: Clif Bar & Company recommends that you consult with your physician before beginning any exercise or physical activity program. You should understand that when participating in any exercise or physical activity, there is the possibility of physical injury. If you engage in 60 Minutes of Motion, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Clif Bar from any and all claims.



Rock and Roll



**Added
Challenge:**
Roll up to a standing
position



Toe Touches



**Added
Challenge:**

Do a jumping jack in-between
toe touches



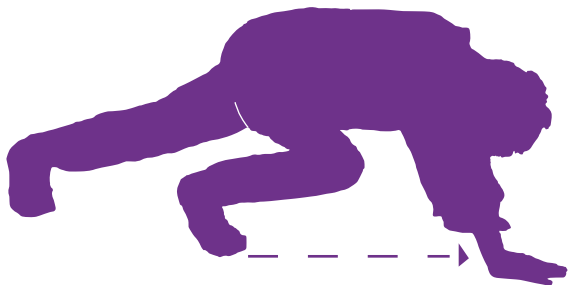
Star Jumps



**Added
Challenge:**
Jump straight up
and down



Mountain Climbers



**Added
Challenge:**

Jump towards hands and
keep feet together



Wall Sits

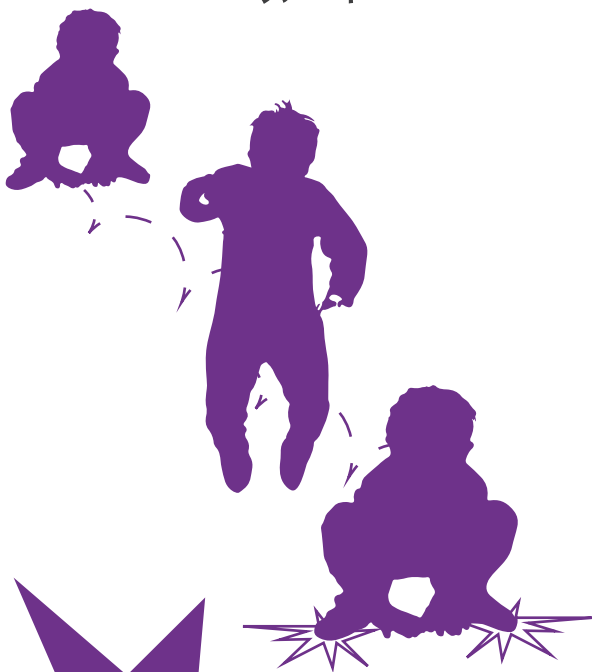


**Added
Challenge:**

Alternate lifting your leg,
one, then the other



Frog Jumps



**Added
Challenge:**
Leap in different
directions



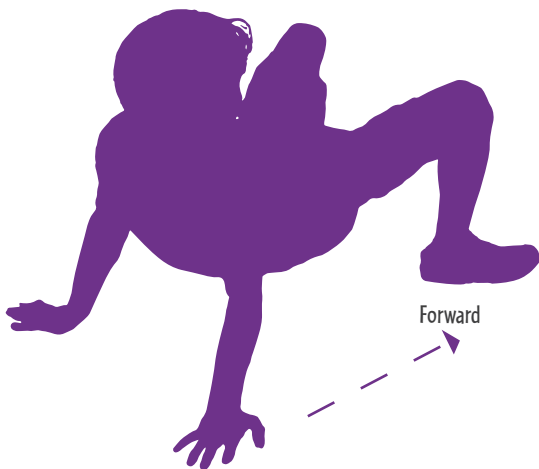
Run for Fun



**Added
Challenge:**
Run in place
with high knees



Crab Walk



**Added
Challenge:**

Go forward, backward,
in a circle



Plank Hold



**Added
Challenge:**

Push with your toes and
rock back and forth



Side Hops



**Added
Challenge:**
Jump backwards
over the line



RIDE BIKES



PLAY HOPSCOTCH



JUMP ROPE



FLY A KITE

ACTIVITY

A child with curly hair, wearing a light-colored long-sleeved shirt under dark overalls and sneakers, is balancing on a wooden barrel. The child's arms are outstretched for balance. The scene is set outdoors at sunset, with a warm, golden glow from the sun low in the sky behind bare trees. A corrugated metal pipe is visible behind the barrel.

PLAY OUTSIDE



IMAGINE+DISCOVER



REACH+EXPLORE



CONNECT+NATURE



FIND+BUILD





GO+EXPERIENCE



Motion Sharks

What You Need

- 4+ players
- One **60 Minutes of Motion** deck of cards per team
- Two dice per team
- Two hula hoops

Setup

- Create a start line at one end of the yard/room
- Place two hula hoops at the other end – five feet apart
- In each hoop place a pair of dice and spread out the 10 motion cards

How to Play

- One player from each team races to their hoop
- Each player rolls the dice and draws a motion card
- Hold or do the motion based on your roll and card chosen, for example:
 - If you roll an 8 and draw Wall Sit, count 8 seconds and hold the position
 - If you roll a 10 and draw Crab Walk, crab walk 10 feet
 - If you roll a 12 and draw Star Jump, do 12 star jumps
- Upon completion run back and tag the next player
- First team to finish all 10 cards wins
- Winning team chooses an adventure card for imaginative fun



Copy Cat

What You Need

- 2+ players
- Outdoor or indoor space
- Memory and imagination
- **60 Minutes of Motion** deck of cards, minus **Activity** cards

Setup

- Choose an order for each player
Who goes first, second, third and so on

How to Play

- Player #1 chooses a card and performs the move
- Player #2 chooses a card, repeats player #1's move and then adds their own
- Each player repeats the pattern and continues to add on movements
- If you draw an **Adventure** card—create your own move
- If you forget a move or change the pattern, you're out
- The last person remaining wins!



5 Portable Protein Ideas for Kids

Everyone needs protein! For kids, protein helps with growth and development. In fact, protein helps you move and maintain your muscles.

1. **Hardboiled Egg (6 grams per egg):** Packed with protein and other nutrients
2. **Pumpkin Seeds (10 grams per 1/4 cup):** Full of magnesium, zinc, and iron
3. **String Cheese (8 grams per serving):** Pre-portioned and low in calories
4. **CLIF Kid Zbar Protein (5 grams per serving):** Snack with organic whole grains
5. **Beef, Turkey, Salmon or Chicken Jerky (8 grams per slice):** Low in fat, lean and savory, and fun to chew



Proper Liquids

It is important to drink water before, during and after exercise to properly hydrate. Experts say, if you feel thirsty, you are already dehydrated. Water helps regulate your body temperature so you don't overheat. Listen to your body. **When in doubt, drink more water!**





CLIF Kid®

60 Minutes of Motion



What is 60 Minutes of Motion?

60 Minutes of Motion is an active and fun way for busy families to incorporate physical activity into their daily routine. The deck is a combination of 25 motion, activity, adventure and game cards. It makes it easy for families to mix and match ideas for outdoor and indoor movement, play and adventure.



How do you use the deck?

It's easy! Families and kids can use the entire deck for 60 straight minutes of activity, or choose just a few cards to customize the experience based on how much time they can dedicate to the activity.

Who came up with 60 Minutes of Motion?

CLIF Kid partnered with fitness and nutrition expert, Mitzi Dulan, R.D., to develop 60 Minutes of Motion. As a mother of two, and the team nutritionist for the Kansas City Royals baseball team, she knows firsthand how crunched families are for time, and the importance of maintaining a motion-inspired lifestyle.

Why 60 minutes?

The U.S. Department of Health and Human Services recommends that kids have 60 minutes of daily physical activity. CLIF Kid supports this recommendation and wants to inspire kids and their families to build an hour of activity into each and every day.

Is 60 Minutes of Motion an hour-long workout?

It's whatever you want it to be! Each card includes an allotted time that helps portion activities. If you have 15 minutes – great! Have 30 minutes – even better! The goal is to instill a daily, physical habit for kids and families. Use the deck for 60 straight minutes of action, select several activities, or choose a new card each day – the options for hours of play are limitless!.

Is 60 Minutes of Motion just for kids?

It's for everyone, no matter your age! Sixty Minutes of Motion gives busy on-the-go families a fun and imaginative way to build physical activity into their daily lives.

What activities are on the cards?

The 60 Minutes of Motion deck of cards includes:

- 10 Motion Cards: one minute bursts of motion that have a specific movement, like star jumps, crab walks or planks.
- 5 Activity Cards: sustained 10 minute activities that kids can do solo or with friends and family.
- 5 Adventure Cards: wild cards with inspiring words and phrases that prompt kids to choose their own imagination-filled adventure.
- 2 Game Cards: motion-filled games (inspired by CLIF Kid Backyard Game of the Year) for hours of family fun and play.
- 1 Snack Card and 1 Hydration Card: tips on how to nourish yourself before, during and after outdoor play and activity.

Where can families find 60 Minutes of Motion?

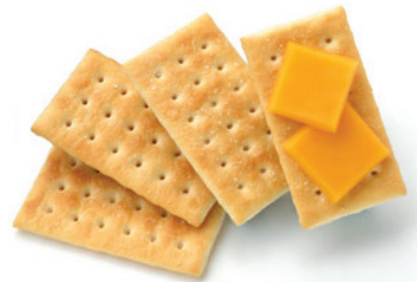
Families can download 60 Minutes of Motion for free at www.clifkid.com beginning September 15, 2014.



Apple



Banana



Cheese & Crackers



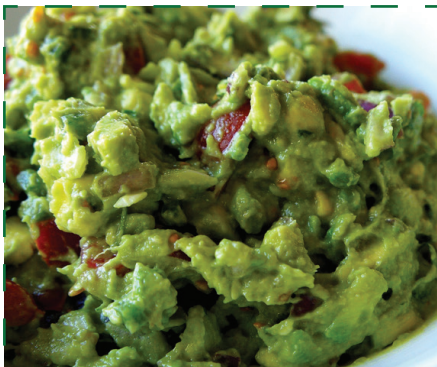
Dried Cranberries



Edamame



Fruit Salad



Guacamole



Hummus



Iceberg Lettuce



Juice



Kiwi



Lemonade



Milk



Nut Butter



Oatmeal



Popcorn



Quinoa



Raspberries



Sunflower Seeds



Tangerines



Vegetables



Watermelon



Yogurt



Z Bars



Xinomavro Grapes



Udon Noodles

