

Disney
**magic
of healthy
living**

TRYathlon



PLAY YOUR WAY

Experience the Disney Magic of Healthy Living

TRYathlon

Disney.com/healthyfun



TRY NEW FOODS, NEW MOVES, AND FUN NEW WAYS TO BE HEALTHY

with Disney Magic of Healthy Living

TRYathlon!



A three-part challenge inspired by food, fun and activities from around the world, this **TRYathlon** invites you, your family, and friends to discover a whole new world full of flavor and fun!

Going global is exciting—you can explore new ways to **TRY** new foods and moves! Spice things up at home with a tasty new recipe or learn to grow your own exotic ingredients! Discover fun, new activities to play with friends and family. This **TRYathlon** will give you a taste of culture so you can share your worldly knowledge with everyone you know. After all, knowledge is power!

Are you ready to celebrate healthy living ideas from across the planet? Just flip the page to put this part of your **TRYathlon** into ACTION!



TRYATHLON TIDBITS

Small things add up; TRY setting a small goal (like nailing a basketball shot or completing 20 sit-ups), and you'll see big improvement soon!



Stick & Rubber Race

TRIVATHLON



COMPLETED!

FROM DOMINICAN REPUBLIC

Ready to get movin'? The objective of this game is to race your opponent to the finish! In the Dominican, this game is called Stick & Tire Race. Kids often use old rubber car or bicycle tires because they are easy to find, and a row of banana trees is used as the finish line.

WHAT YOU NEED TO PLAY

- One old "rubber tire" per player (you can use a basketball or soccer ball too)
- Two sticks, 3 to 4 feet long
- One plastic soda or water bottle per player
- Scissors (Always get your parents' permission or assistance when using sharp objects.)
- A safe, large, open field or court to play in



GLOBAL GAME TRIVIA*

Which country has a stick and ball game named after an insect?

Answer: Great Britain (Cricket!)

HOW TO PLAY

- 1** Ask a parent or adult to cut off the bottom half of each plastic bottle, one per player, keeping the neck section (and recycling the bottom section).
- 2** Insert a stick through the neck of the bottle to hold the stick in place under the lip of the tire.
- 3** Practice by pushing your tire or ball with the stick (trying to keep them in a straight line).
- 4** Determine a start and finish line.
- 5** Roll to the start.
- 6** Players take their mark, get set, go! (It's OK to use your hand to get started, then you must use the stick only to get to the finish.)



La Thunkuna

FROM BOLIVIA

La Thunkuna is the South American version of Hopscotch. Bolivian kids play the game with named squares versus numbered squares. You'll learn to hop your way around the weekdays and practice your Spanish at the same time. *Juguemos!* (Let's Play!)

WHAT YOU NEED TO PLAY

- Two or more players
- A puck (a stone or an orange peel works well)
- Chalk
- A place suitable for using chalk on the ground (like a playground, patio or driveway)

HOW TO PLAY

- 1 Throw the puck into the first box *lunes* (Monday) and hop on one foot over this box into the second box *martes* (Tuesday).
- 2 With your non-hopping foot, kick the puck out of the first box *lunes* back behind the start line (designer to add "start line" to the drawing). Then hop back out of the pattern to the start line.
- 3 Throw the puck into the box *martes*. Jump in box *lunes*, then in box *miercoles* (Wednesday). Kick the puck back to the start line, then hop out of the entire pattern.
- 4 Repeat the same approach for *miercoles*, and then for *jueves* (Thursday). When you throw the puck into *jueves*, hop in box *miercoles*, and then jump into box *viernes* (Friday), and *sabado* (Saturday), with one foot in each box. Then jump on one foot into box *domingo* (Sunday), and kick the puck back behind the start line.
- 5 Don't throw the puck in boxes *viernes*, or *sabado*. Continue throwing the puck into box *domingo*.
- 6 Always hop over the space where the puck lands. If the puck lands into the wrong space on any toss or kick, you lose your turn.



COMPLETED!

TRYATHLON



El Mundo (World)

El Cielo (Heaven)

Domingo
(Sunday)

Viernes
(Friday)

Sabado
(Saturday)

Jueves
(Thursday)

Miercoles (Wednesday)

Martes (Tuesday)

Lunes (Monday)





What's the Time, Mr. Wolf?

Here's a fun game from your mates down under that keeps you on your toes—sort of like a mix between Red Light, Green Light and Tag, only there's an Aussie wolf too!



COMPLETED!



WHAT YOU NEED TO PLAY

- Three or more players
- A safe open field or large room to play in

HOW TO PLAY

- 1 Choose one player to be the "wolf".
- 2 The wolf turns his/her back to other players who stand about 15 feet away (5 meters in Australia)- Hint: 1 step equals approximately 1 foot.
- 3 The other players ask, "What's the time, Mr. Wolf?"
- 4 The wolf makes up a time and announces it; if the wolf says 5:00, for example, the players take 5 steps toward the wolf.
- 5 When the other players are close enough to catch, the wolf declares "Dinnertime!" and chases the other players.
- 6 The first player caught by the wolf becomes the next wolf.

TRYATHLON TIDBITS

Did you know that moving around and being active actually provides more oxygen to the brain? Brilliant!

Get moving and unleash your power.