



## The Wizard's Corner



Ask about air

We need more than spells and magic to help clean the air. The *Wizard of Air* is here with answers to your every day air questions.

Q: What does being healthy and fit have to do with clean air?

A: When the air is clean, it is easier for us to stay healthy because we don't have to breathe dust, gasses, and chemicals that can make us ill. When the air is clean, more people can exercise without worrying as much about having asthma symptoms or chest pain. And, it just works out that when we exercise and eat healthy to get or stay fit, those activities happen to generally pollute

less. For instance, when you ride your bike instead of drive someplace, you're exercising and polluting less. When you choose to play with your friends outside skateboarding, in-line skating, riding bikes, or walking, you're getting exercise, and you are conserving electricity that you might have used if you watched TV, played video games, or turned the lights on for your indoor activities. And, conserving electricity reduces air pollution.

Remember to always make sure your activity is safe, that you're prepared for the weather, and that you do your best to keep the air clean and healthy.

## Brain Buster: Finish the Ideas to Be Fit and Breathing Easy

Fill in the missing letters and then put them in the numbered spaces below to discover a special secret sentence about keeping both you and the air fit.

- ◆ Walk or bike for short tr\_\_ps instead  
of driving your vehi\_\_le<sup>1</sup>
- ◆ Pla\_\_ outside if the weather is ni\_\_e<sup>2</sup>
- ◆ Tak\_\_ your parents on a walk or bike \_\_ide<sup>3</sup>
- ◆ Build a \_\_ort<sup>4</sup>
- ◆ G\_\_ for a \_\_ike<sup>5</sup>
- ◆ Buy loc\_\_lly grow\_\_ or locally raised f\_\_od<sup>6</sup>
- ◆ \_\_ook for bugs and learn their names<sup>7</sup>
- ◆ Use manual lawn and g\_\_rden equi\_\_ment<sup>8</sup>
- ◆ Buy organ\_\_c (food without pesticides)<sup>9</sup>
- ◆ Pla\_\_t a tree<sup>10</sup>
- ◆ Pull we\_\_ds<sup>11</sup>
- ◆ Plant a gar\_\_en<sup>12</sup>
- ◆ Climb a \_\_re\_\_<sup>13</sup>
- ◆ Play \_\_ports from b\_\_seba\_\_l \_\_o jump rope<sup>14</sup>
- ◆ P\_\_ck up tr\_\_sh from around your neighborhood<sup>15</sup>
- ◆ Lear\_\_ to juggle<sup>16</sup>
- ◆ Pl\_\_y games like \_\_opsco\_\_ch or \_\_ag<sup>17</sup>

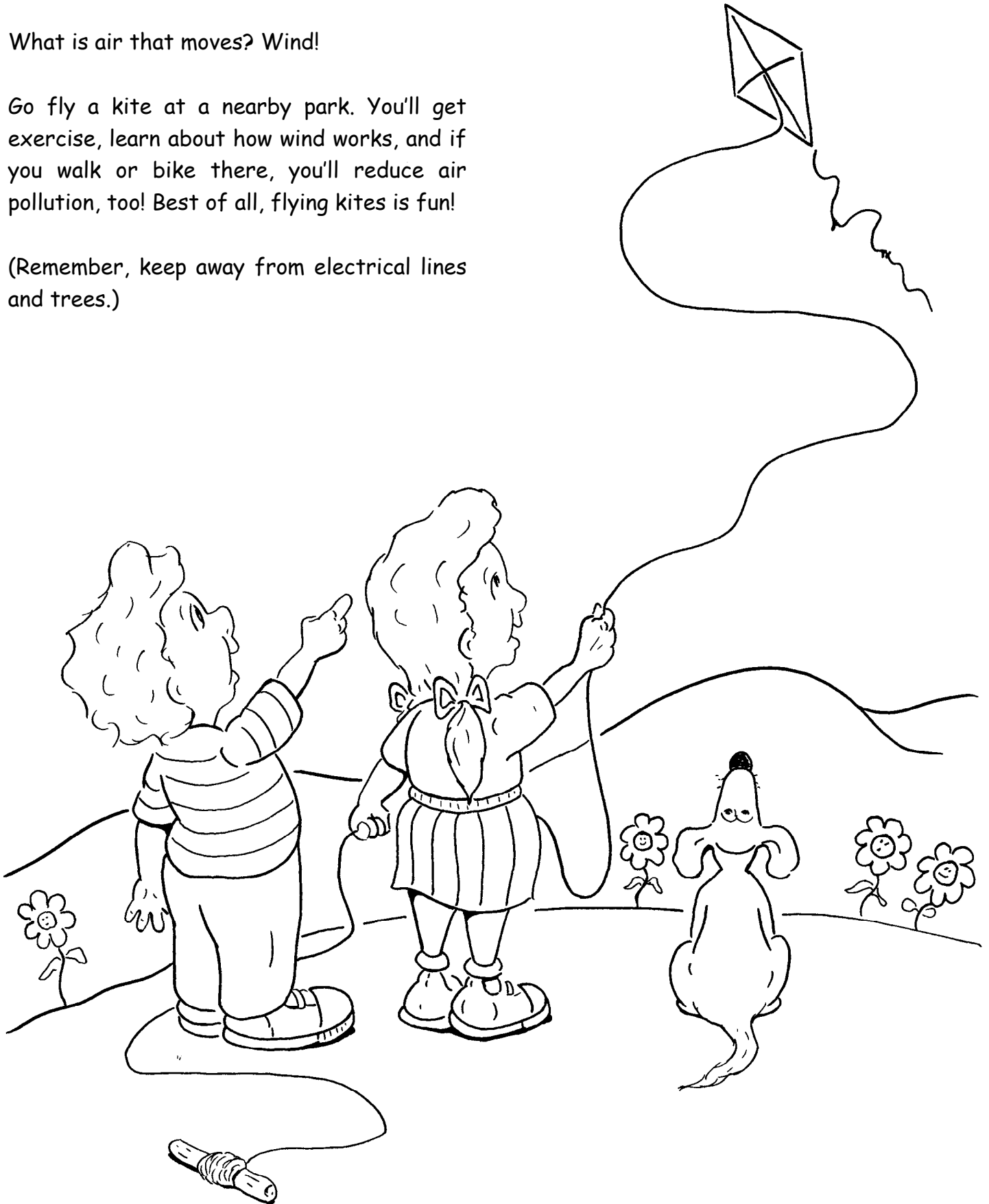
16 4 10 28 22 25 29 3 7 26 31 14 17 19 9 5 13 15 2 24 18 27 11 20 30 21 23 1 6 32 12 8

## FUN FEATURE: Go Fly a Kite Coloring Page

What is air that moves? Wind!

Go fly a kite at a nearby park. You'll get exercise, learn about how wind works, and if you walk or bike there, you'll reduce air pollution, too! Best of all, flying kites is fun!

(Remember, keep away from electrical lines and trees.)





Department of Environmental Quality  
 150 West Congress Street  
 Tucson, AZ 85701  
 www.deq.pima.gov □ www.AirInfoNow.org  
 Phone: 520.740.3340

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## Special Events: Save the Dates!

### Get Fit Outdoors, Saturday, September 27, 2008

Reconnect with the joys and health benefits of nature and the great outdoors. Jácome Plaza, Joel D. Valdez Main Library, Downtown Tucson, 11am-3pm. Healthy food and activities for children and adults including an Open House at the downtown YMCA, running, jumping, bird watching, star gazing, and exploring nature through the senses.

### International Walk to School Day, October 8, 2008

Walk or bike to school with friends, school mates, or parents to help reduce air pollution and make our streets safe. Contact your school or call 205-8309 or click [www.walktoschool.org](http://www.walktoschool.org) for more information.

### Sonoran Desert Kids Club, September—November 2008

Contact Pima County Natural Resources Parks & Recreation for some awesome fun and adventures while learning about desert wildlife and experiencing your natural surroundings. E-mail [eeducation@pima.gov](mailto:eeducation@pima.gov) for more information, or click on [www.pima.gov/nrpr/educ/kids/sdkids.htm](http://www.pima.gov/nrpr/educ/kids/sdkids.htm).

## Recommended Website

[www.airnow.gov/index.cfm?action=aqikids.index](http://www.airnow.gov/index.cfm?action=aqikids.index)



The U.S. Environmental Protection Agency and communities across the U.S. measure pollution in the air. Then they use the Air Quality Index, or AQI, to tell people about the air. This website tells kids about the AQI and what they can do to help keep the air clean. You can also check out our website to find out about local air quality at [www.AirInfoNow.org](http://www.AirInfoNow.org)

## Brain Busters: Air & Fitness Word Search

Look for the words about air and fitness listed below. They may be 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

Answer to *Ideas to Be Fit and Breathing Easy*:

I can stay fit and help clean the air, too!

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