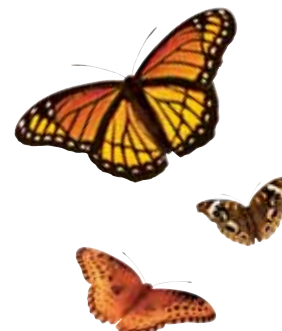


Be Physically Active Daily

Physical Activity Is Important for Good Health

- Physical activity, along with healthy eating habits, is a sure path to maintain good health
- For kids, doctors recommend 60 minutes of moderate to vigorous physical activity every day
- Being active increases endurance, flexibility, and strength
- Active children usually have improved coordination, feel better about themselves and can do better in school
- Physical activity burns calories and exercises the muscles
- Active children are less likely to be depressed or anxious and have reduced risk of developing diabetes, asthma and heart disease as they get older



Quick Tips:

- Play in two 30 minute blocks or four 15 minute blocks to add up to 60 minutes every day
- Enroll in an activity at your local recreation center
- Plan activities for the whole family to do together:
 - build a snowman
 - explore your local bike path
 - grab some sporting equipment and head to the nearest park
 - go for a swim
 - walk the dog
- Do chores together: vacuuming, laundry, cleaning your bedroom, or walking the dog
- Get family and friends together for a game of kickball, dodge ball, basketball, baseball, or football

Physical Activity: What Your Family Can Do

- Get up and keep moving while watching TV or playing video games
- Make it a goal: move during commercials
- Stay active throughout the day: park farther away, take the stairs, get off the bus one stop earlier, walk
- Make moving fun: dance to music, try a new fitness video, play musical chairs, play simon says, four square, tag or make active rules for card and board games

For More Information

- www.cdc.gov/physicalActivity
- www.kidnetic.com
- www.smallstep.gov
- www.kidshealth.org
- www.mypyramid.gov

Information provided in this sheet was adapted from www.kidshealth.org, www.dole5aday.com, and www.cdc.gov.

