WHAT ARE THE BENEFITS OF BEING ACTIVE AT LEAST 1 HOUR A DAY?

Being active can help you:
- Sleep better and have more energy.
- Exercise your heart and lungs.
- Build strong bones and muscles.
- Feel good about yourself.
- Maintain a healthy weight.

WALKING IS A GREAT WAY TO BE MORE ACTIVE EACH DAY.

Here are some ways to help you and your family get more steps:
- Take the stairs.
- Walk your dog or a neighbor’s dog.
- Walk with a friend.
- Walk or bike to and from school.
- If you drive, park the car far away from the building/store front.

YOU CAN STAY ACTIVE, EVEN IF YOU CAN’T GO OUTSIDE!

- Turn on music and dance.
- Try an exercise DVD.
- Play musical chairs with friends.
- Try active video games that keep you moving!

Or you could go to a place that has one of these things to do:
- Bowling or indoor miniature golf.
- Laser tag or paintball.
- Basketball court or indoor track.
- Swimming at an indoor pool.

ON DAYS YOU CAN GO OUTSIDE, THERE ARE LOTS OF WAYS TO STAY ACTIVE!

- Play four square, tag, catch, kickball or soccer.
- Play with a Frisbee or disc golf.
- Jump rope or play Skip-it™.
- Play hopscotch.

If you have a place to do it, you can try one of these:
- Go to a nearby park, nature trail or playground.
- Ride bikes, scooters, skate boards or roller skate/rollerblades.
- Draw on a sidewalk with chalk.

Here are some other things you might try:
- Make an obstacle course or fitness trail.
- Run through the sprinkler.
- Garden, do yard work or mow the lawn.
- Climb a tree.

When thinking about physical activity remember some is better than none; more is better than some; too much is difficult to get.
WHAT THREE ACTIVITIES WILL YOU DO?
Write your top three fun activities in the stars!

1. __________________________
2. __________________________
3. __________________________

TIPS TO HELP YOU STAY ACTIVE:
• Make physical activity fun.
• Plan ahead and write down your plan to make it a priority. Write down the time and day you will be active. Where will you go to be physically active? Write that down, too.
• Plan family activities like bike rides or going to the park or zoo.
• Plan Olympics for family and friends.
• Get involved in local activities like team sports, dance, gymnastics, swimming, rock climbing…etc.

MY GOAL: ___________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

JUST THE FACTS!
• You have 1,440 minutes in every day. Be active for 60 minutes of them each day!
• It’s okay to break up the time and not be active all at once. Doing at least 10-15 minutes at a time is fine.
• The best activity is the one you’ll do.
• When you’re active, your heart should be beating faster and it should be harder to breathe.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at FitTastic.org

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