



1 HOUR OR MORE OF PHYSICAL ACTIVITY



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!

If you have the room at home:

- Play Twister®.
- Play hacky sack.
- Do karate or gymnastics moves.
- Build a fort with pillows, blankets and more.
- Try a hula hoop or mini trampoline.

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!



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.

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.

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