GET ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY

Move 1 hour every day!

Physical activity can be free and fun!
• Take a walk with your family
• Play with your pet
• Play tag
• Take a bike ride (remember to wear your helmet)
• Turn on music and dance
• Jump rope
• Play Frisbee
• Take the stairs
• Park the car at the end of the parking lot
• Make snow angels

Make physical activity easier.
• Make gradual changes to increase your level of physical activity.
• Track the level of your physical activity using a pedometer, fitness band, or online tracker.
• Choose toys and games that promote physical activity (e.g. balls, hula hoops, jump ropes, scarves).
• Do physical activities together with friends or family.
• Turn off the TV and computer and keep them out of the bedroom.
• Limit recreational screen time (e.g. TVs, computers, video games, etc.).
• Encourage lifelong physical activity by incorporating it into your routine.
• Keep physical activity fun! You’ll be more likely to do it.

Did you know?
One hour of moderate physical activity means:
• Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of vigorous physical activity means:
• Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...
• Makes you feel good.
• Makes your heart happy.
• Makes you stronger.
• Makes you flexible.

be a role model
Schedule active family play time daily.