

Why is it important for kids to be active?

- Regular physical activity can help prevent diseases like diabetes and cancer.
- Active kids tend to be healthier kids, and healthier kids are better learners.
- Physical activity reduces feelings of anxiety and stress.



Did you know?

- Younger children are naturally active.
- As children get older, their activity levels may decrease.
- Be a role model for children by staying active!

To learn more about Let's Go! 5-2-1-0, visit letsgo.org



GET **1** HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY



www.letsgo.org

What can **you** do?

Move 1 hour every day!



Make it a family activity

Being active as a family will create healthy habits that last a lifetime. Here are some free and easy ideas:

- Take a walk around the neighborhood.
- Put on some music and dance.
- Play hide and seek.
- Go on a bike ride (Remember your helmet!).
- Play with a pet.
- Take a hike on a local trail.
- Play ball or frisbee.
- Play tag.

Be a role model and make physical activity a part of every day

You don't have to get your 1 hour of physical activity all at once. Small bursts of activity throughout the day can add up. Fifteen minutes of movement just 4 times a day adds up to the recommended hour!



Here are some ideas you can add to your daily routine:

- Take the stairs at work.
- Walk or ride a bicycle instead of driving whenever you can.
- Try holding walking meetings at work.
- Take a 10 minute walk on your lunch break.
- Park your car at the far end of the parking lot.
- Don't forget about good old-fashioned jumping jacks, push-ups, and sit ups!
- Be sure to take a break. If you sit for 60 minutes, move for 3!
- Take a walk with a friend.