1 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.
• Take a bike ride (remember to wear your helmet).
• Turn on music and dance.
• Play Frisbee.
• Take the stairs.
• Park the car at the end of the parking lot.
• Make snow angels.
• Ride your skateboard (don’t forget your protective gear).

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 smartphone app.
• Choose games that promote physical activity (balls, frisbees, hacky sack).
• Do physical activities with friends or family.
• Limit recreational screen time by turning off the TV, computer and other electronic devices and keeping them out of your bedroom.
• 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 you stronger.
• Makes you flexible.
• Helps keep you healthy!