

# Make Family Time ACTIVE TIME!



Physical activity is fun, makes you strong, and helps to make you feel good too.

## Ways to Move By doing things you enjoy

- Ride a bike
- Walk the dog
- Roller skate, scooter, or in-line skate
- Play basketball, baseball, soccer, or football
- Play catch
- Jump rope or jog in place
- Mow the grass or rake the lawn
- Clean the house
- Swim
- Take the stairs instead of the elevator
- Dance
- Sled
- Ice skate
- Ski or snowboard



## Keep Moving and Stay Healthy!

-- Kids are naturally active. Help them stay that way.

-- Adults need at least 30 minutes of physical activity most days.

-- Kids need at least 60 minutes of physical activity every day of the week, or most every day.

## Did you know that being physically active daily...

- » Increases fitness levels and keeps the heart and lungs healthy.
- » Builds and maintains healthy bones, muscles, and joints.
- » Helps control weight to decrease the risk of many diseases.
- » Boosts energy and promotes sound sleep.
- » Helps everyone feel good about themselves and happier in general.

## Be A Role Model

Kids imitate adults. Make sure that you and your kids are active and moving every day.

# Move More. Sit Less!

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