

(Eat Smart...) And MOVE MORE!



Children and adolescents need at least **60 minutes (1hr)** of physical activity **EVERY DAY.**

This includes:

Aerobic Activity (like riding your bike, running, and dancing)

Muscle-Strengthening Activity (like climbing trees, sit-ups, and swinging on playground bars)

Bone-Strengthening Activity (hopscotch, jumping rope, and sports like basketball and volleyball)

Try to do a combination of all three of these types of activities on most days of the week. Remember to include variety and activities that you really enjoy!

The 60 minutes of activity do not have to be all at once.

Minutes of physical activity I get at school each day: _____

Minutes of physical activity I get at home each day: _____

Minutes of physical activity I get on weekend days: _____

How many minutes do I need to add to reach my goal? _____

Learn more about physical activity guidelines at:

<http://www.health.gov/Paguidelines/guidelines/chapter3.aspx>

You can use a pedometer to count your steps - with a goal of at least 10,000 steps each day. *Think of this: 2100 steps = 1 mile = using 75-100 calories

Help Set Your Own Activity Goals:

1. _____
2. _____
3. _____