

Be Active Every Day!

Being active is healthy and fun. It makes you feel good and gives you lots of energy. It's also a great way to hang out with your friends.

Some types of activities require you to be more active than others, like running and jumping. These activities use the large muscles in your arms and legs. Do things that make you active for at least 1 hour every day. You can do small amounts of exercise for 15 minutes at a time until your activities add up to a total of 60 or more minutes each day.

It's easy to be more active!

Check all the things below that would help make you more active.

- Ride your bike
- Walk to school
- Play at recess
- Skateboard
- Play basketball
- Jump rope
- Play soccer
- Walk your dog
- Play frisbee



- Practice karate
- Play hopscotch
- Swim
- Play tennis
- Play at the park
- Play softball or baseball
- Vacuum or sweep
- Do yoga or pilates
- Go on a nature hike



Write some activities below that you plan to do to reach your goal of being active for a total of 60 minutes each day.

	ACTIVITY	MINUTES
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____