MOVE III

Choose Your Fun!

Your body counts on you to be active to help strengthen your bones, and heart, and build muscles.

HOW MUCH PHYSICAL ACTIVITY DO KIDS NEED?

Get at least 60 minutes a day of moderate activity, most days of the

week.

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

Do enough strengthening activities to keep your muscles firm. • Pull-ups • Sit-ups • Push-ups • Tumbling Swinging • Climbing

MORE

Do more intensive activities
that warm you up and make you glow!
• Skateboarding • In-line skating • Jump rope
Bike ride • Play tag • Soccer • Kickball • Basketball • Baseball

PI FNTY

Walk • Wiggle • Dance • Climb the stairs • Play outdoors • Help with chores

Just keep MOVING whenever you can!

The Activity Pyramid for Kids











Be Active!* LIMIT **LEAST OF ALL** TV • Videos • Computer games Talking on the phone 2-3 TIMES A WEEK FAMILY/FUN TIME **LEISURE ACTIVITIES** • Go bowling • Take nature walks Play miniature golf, tag or frisbee • Fly a kite • Do push-ups/sit-ups • Try yoga, pilates or Tai <u>Chi</u> VIGOROUS, Stretch before and after exercise **3-5 TIMES A WEEK AEROBIC ACTIVITY** • Swim laps • Walk fast • Jog • Hike • Skip • Bike • Jump rope • Play tennis • Basketball • Volleyball • Baseball **MODERATE** • Dance to music! DAILY • Walk the dog • Wash and wax the car • Walk on an errand • Rake leaves Mow the lawn with a push mower • Tend the garden • Household chores: Vacuum the house; wash windows; sweep the porch; lose the remote control • At the office: Walk the stairs; make a coffee break an exercise break To create and sustain well-being, accumulate a minimum of 30 minutes daily of moderate physical activity. * Check with your physician before beginning an exercise program.

The Activity Pyramid for Adults











