

# MOVE IT!

*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.

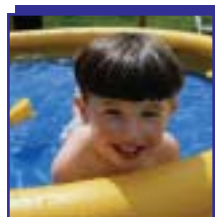
**ENOUGH**  
Do enough strengthening activities to keep your muscles firm.  
• Pull-ups • Sit-ups • Push-ups • Tumbling  
Swinging • Climbing

**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

**PLENTY**  
Walk • Wiggle • Dance • Climb the stairs • Play outdoors • Help with chores  
Just keep *MOVING* whenever you can!



*The Activity Pyramid for Kids*



**N&PA**  
THE NUTRITION  
AND PHYSICAL  
ACTIVITY UNIT  
Alabama Department of  
Public Health

# WAY TO GO!

**Be Active!**\*



**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

