



1 HOUR
OR MORE OF
**PHYSICAL
ACTIVITY**



BENEFITS OF BEING ACTIVE:

BEING ACTIVE AT LEAST 1 HOUR A DAY HELPS:

- you sleep better
- you have more energy
- exercise your heart and lungs
- build strong bones and muscles
- you maintain a healthy weight
- decrease body fat
- you feel good about yourself.

DAILY WAYS TO INCREASE ACTIVITY:

- Stand instead of sitting, walk instead of standing, run instead of walking.
- Take the stairs or walk up the escalator.
- Walk your dog or a neighbor's dog.
- Walk with a friend.
- Walk or bike to and from school.
- Use a pedometer to track your steps.
- Park the car far away to get in extra steps.



BE MORE ACTIVE: INDOOR ACTIVITIES

- Turn on music and dance.
- Try an exercise DVD at home.
- Sign up for a class at a community center.
- Play musical chairs.
- Play Twister®.
- Play hacky sack.
- Do karate or gymnastics moves.
- Build a fort with pillows, blankets and more.
- Try a hula hoop or mini trampoline.
- Go bowling or play indoor miniature golf.
- Play laser tag or paintball.
- Try active video games like Xbox Kinect™ and Wii Fit™!

OUTDOOR ACTIVITIES

- Go to a nearby park or playground.
- Make an obstacle course or fitness trail.
- Ride bikes, scooters, skate boards or roller-skate/blade.
- Play four square, tag, catch, kickball or soccer.
- Play hopscotch or draw with sidewalk chalk.
- Play Frisbee or Frisbee golf.
- Jump rope or play skip-it.
- Run through the sprinkler.
- Garden.
- Climb trees.

WHAT THREE ACTIVITIES WILL YOU DO?



TIPS & FACTS

- You have 1,440 minutes in every day. Find 60 minutes each day to be active!
- It's okay to break up the time and not be active all at once. Try at least 10- 15 minutes at a time.
- The best activity is the one you'll do.
- Make physical activity fun.
- Plan ahead and think about when you have time to be active. What days of the week and what time of the day will you be active? Where will you go to be active?
- Write it down to help make it a priority.
- When you're active, your heart should be beating faster and it should be harder to breathe.
- Plan family activities like bike rides or going to the park or zoo.
- Plan Olympics for family and friends.
- Get involved in local activities like team sports, dance, gymnastics, swimming, rock climbing... etc.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

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MY GOAL: _____



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Eat Healthy. Stay Well.