



Family time

Make it active and fun!

Make family time an active time

- ◆ Play games — softball, basketball, soccer or tag.
- ◆ Jog, cycle, skate, jump rope or play Frisbee as a family.
- ◆ Take nature hikes.
- ◆ Try a new class together — dance, martial arts or kickboxing.
- ◆ Swim.
- ◆ Walk to school with your kids.



Do activities that get your heart pumping (moderate-intensity)

- ◆ Brisk walking
- ◆ Gardening or yardwork
- ◆ Dancing
- ◆ Bicycling

Everyday activities count as physical activity

- ◆ Take the stairs instead of the elevator.
- ◆ Park as far away as possible from entrances to the grocery store or workplace.
- ◆ Walk the dog.
- ◆ Walk or ride your bicycle instead of driving
- ◆ Take a brisk walk during a work break.



Get moving!

Moving more gives you energy and leads to better health.



Being physically active...

- ◆ Increases your fitness level and keeps your heart and lungs healthy.
- ◆ Builds and maintains healthy bones.
- ◆ Helps control weight and decreases the risk of many diseases.
- ◆ Boosts energy and improves sleep.

How much physical activity do I need?

- ◆ Adults — at least 30 minutes, most days of the week
- ◆ Children — at least 60 minutes, preferably every day

You may need more physical activity to lose weight or maintain a healthy weight.



Keep it going

- ◆ Plan activities and alternate activities.
- ◆ Keep it simple.
- ◆ Fit in small bursts (10 to 15 minutes) of physical activity during the day.

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