



GET MOVING!

People who are active typically feel better, accomplish more and live longer. To get healthy, we need to get moving! Plus, the more we move, the more calories we burn. Fortunately, exercise is a fun thing to do as a family. Here are some easy ways to get you and your kids moving.

Getting Healthy Together

- 1 Try to get 60 minutes of activity every day.** Remember that doesn't have to happen all at once. Park farther away when you go to the store. Take the stairs instead of the elevator. Do knee bends while you brush your teeth or dry your hair. You'll have a 10-minute head start on your total for the day.
- 2 At work, take a 15-minute break and walk around the outside of your office building, around the block or up and down the street.** Don't forget to leave a pair of comfortable shoes at work. Recommend that your kids take study breaks the same way.
- 3 Get up and dance!** Find a radio station with salsa music (or whatever you enjoy) and give yourself a fun, energy-boosting break. Dance to the music for 10 minutes by yourself or with your kids.
- 4 When you are talking on your cell phone, walk around the house, yard or block.** You can get 20 minutes in easily!
- 5 If you ride the bus, get off one stop early and walk the rest of the way.** If you are shopping, walk the entire mall or shopping center. There's another 10 minutes toward your goal.

GETTING ACTIVE TIP

- When a commercial comes on TV, get up and march in place.
- Do a few knee bends or dance around.
- Get the whole family involved!

Conversation Starters

Would you rather watch a sport or play one?

Did you know being physically active can help you sleep better?

ACTION FOR HEALTHY KIDS 