



Move More!

Exercise is for everyone. Choose activities you enjoy and fit your lifestyle.



Enjoy One Hour or More of Physical Activity Every Day

Move more and play your own way!

Moderate vs. Vigorous Activity



- Moderate activity makes you breathe harder, but you can still talk easily. Examples include walking and casual biking.
- Vigorous activity makes you sweat, making it hard to talk. Examples include running and playing soccer.

Be Active

Benefits of Physical Activity

- Improves mood and reduces stress.
- Sharpens the mind.
- Helps maintain a healthy weight.
- Supports long-term health.
- Creates chances for social connections.
- Builds strength and flexibility.
- Boosts energy levels.

Make It Easy

Simple Ways to Play More

- Choose low-cost, no-tech toys like kickballs and jump ropes to encourage physical activity.
- Plan to play together every evening after dinner or go for a family walk.
- Think about walking or biking for errands instead of driving.
- Do three different activities for twenty minutes to create a fun-filled hour.

Go Outside

Fresh Air & Fun

- Grab a helmet and ride a bike: [Tips for safe biking](#).
- Head to the park to play or skate with friends: [Local skate parks](#).
- Spend the day at a beach: [Local family-friendly beaches for small swimmers](#) or find [wheelchair-accessible beaches](#).
- Work in a garden: [Find a community garden](#).
- Go for a hike: Find local [hikes for beginners](#) or [wheelchair-accessible trails](#).
- [Get a FREE CA state parks library pass](#).

