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# Get one hour or more of physical activity every day.



HEALTHY HABITS FOR HEALTHY COMMUNITIES

Activity that makes you breathe harder and your heart pump faster makes you stronger. Active kids grow up to be active adults.

## Just move it!

### Make it an hour.

#### It's free and fun!

- Take a walk with your family
- Play with your pet
- Go for a hike
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Take the stairs
- Play tag



### Make it easy.

#### How to get up and go!

- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer, and keep them out of the bedroom.
- Choose toys and games that promote physical activity.

#### Moderate vs. vigorous.

*Moderate activity means:*

- Doing activities where you breathe hard, like hiking or dancing.

*Vigorous activity means:*

- Doing activities where you sweat, like running, aerobics or basketball.

### Make it a game.

#### Find new ways to get active.

- Give your child extra play time before or after meals as a reward for finishing homework.
- Avoid giving your child extra time in front of the screen as a reward.
- Play a game of hide and seek with your kids.
- Choose fun, seasonal activities.
- Encourage your child to try a new sport or join a team.
- Incorporate physical activity into your routine to encourage lifelong physical activity.

### Why physical activity:

- It makes you feel good and keeps you more alert throughout the day.
- It helps you maintain a healthy weight.
- It makes you stronger and more energetic.
- It makes you more flexible and less prone to injury.



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Adapted from the Let's Go! program in Maine.

