



# 1

## GET ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY

### Move 1 hour every day!

#### Physical activity can be free and fun!

- Take a walk with your family.
- Play with your pet.
- Take a bike ride (remember to wear your helmet).
- Turn on music and dance.
- Play Frisbee.
- Take the stairs.
- Park the car at the end of the parking lot.
- Make snow angels.
- Ride your skateboard (don't forget your protective gear).

#### Make physical activity easier.

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or smartphone app.
- Choose games that promote physical activity (balls, frisbees, hacky sack).
- Do physical activities with friends or family.
- Limit recreational screen time by turning off the TV, computer and other electronic devices and keeping them out of your bedroom.
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.

#### Did you know?

One hour of moderate physical activity means:

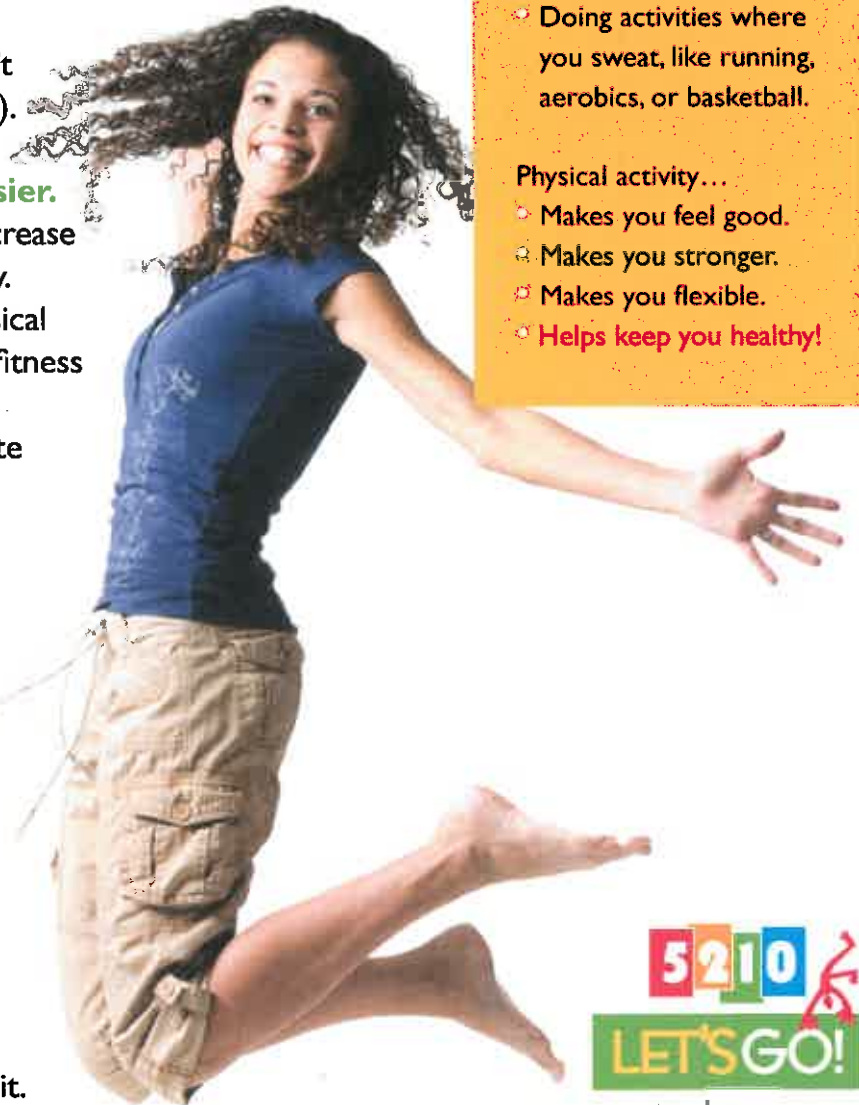
- Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of vigorous physical activity means:

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

Physical activity...

- Makes you feel good.
- Makes you stronger.
- Makes you flexible.
- **Helps keep you healthy!**



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