

Be More Active

There are 1440 minutes in every day.
Find 60 minutes each day to be active!



BENEFITS OF BEING ACTIVE:

- Better sleep
- More energy
- Exercises your heart and lungs
- Makes you feel good about yourself
- Builds strong bones and muscles
- Decreases body fat

GOAL AMOUNT OF ACTIVITY

Try to be active 60 minutes or more each day. It's okay to break your activity up and not do it all at once. You should try to be active for at least 10-15 minutes at a time.

Example: 20 minutes in gym class + 10 minutes walking the dog + 30 minutes riding a bike or scooter or playing Dance Dance Revolution = 60 minutes.

MY GOAL: _____



QUESTION: What is the best type of activity?

ANSWER: One that you'll do!!!

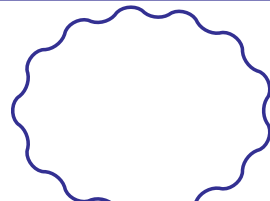
TRY ANY ONE OF THESE:

SOCCER	VOLLEYBALL	BASKETBALL	WALKING
HOCKEY	SOFTBALL/BASEBALL	CHEERLEADING	KICKBALL
GYMNASTICS	SKATING	MARTIAL ARTS	SKATEBOARDING
DANCING	BIKE RIDING	SWIMMING	RUNNING

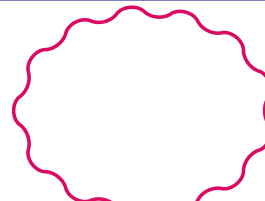
TRY AN EXERCISE VIDEO FROM THE LIBRARY

IF YOU PLAY VIDEO GAMES, TRY ACTIVE ONES LIKE DANCE DANCE REVOLUTION OR WII

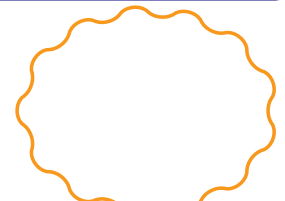
What are 3 activities that you will do?



Activity 1



Activity 2



Activity 3

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IDEAS TO INCREASE YOUR DAILY ACTIVITY:

- Don't sit when you can stand, don't stand when you can walk, and don't walk when you can run
- Take the stairs or walk up the escalator
- Walk your dog or a neighbor's dog
- Walk with a friend
- Walk or bike to and from school
- Use a pedometer
- Decrease screen time

INDOOR ACTIVITY IDEAS

- Help around the house
- Hula hoop
- Limbo
- Musical chairs
- Twister
- Build a fort
- Play with toy cars, blocks, or legos
- Make up your own dance or practice cheerleading moves
- Sign up for a class at a community center

PARENT GOALS:

- Role model activity
- Make physical activity fun
- Encourage school to have daily PE
- Provide opportunities for children to be active
- Plan family activities like bike rides or going to the park or zoo
- Plan Olympics for family or friends
- Park farther away from your destination

OUTDOOR ACTIVITY IDEAS:

- Jump rope or play Skip-it
- Play hopscotch or draw with sidewalk chalk
- Ride bikes, scooters, skate boards, or roller-skate/blade
- Make an obstacle course
- Run through the sprinkler
- Play Frisbee
- Garden
- Climb trees
- Play four square, tag, or kickball
- Go to a nearby park or playground

Being more active may sound hard, but when you break it down to smaller pieces, it can be easy! Plan ahead - think about when you have time to be active. What days of the week and what time of the day? And where will you go to be active - backyard, park, fitness center? Write it down to help make it a priority.

EXAMPLE: I will go outside for 30 minutes every day after school and play in my backyard.



TEEN CORNER

- Go bowling or miniature golfing with friends
- Play laser tag or paint ball
- Try active video games like Dance Dance Revolution or Wii
- Try Frisbee or Frisbee golf
- Join a kickball league or any other sport
- Go to batting cages
- Try inline skating or skateboarding
- Get a pedometer and walk around the mall
- Plan group activities into slumber parties or host a scavenger hunt