



Get Active!

The whole family can benefit from being physically active. Physical activity is movement of the body that uses energy. It includes biking, gardening, dancing, and even cleaning up around the house! Walking is another great activity that families can do together.

Adults should aim to be active for at least 30-60 minutes a day, 5 days a week to prevent weight gain or for weight loss.

The Academy of Pediatrics recommends children have at least 60 minutes of physical activity each day.

You can divide this time into 10-15 minute activities throughout the day. Remember to choose activities you and your family enjoy, and set aside time each day. Daily physical activity can improve your family's health and fitness levels, and increase time spent together.

Families Who Move Together

- Improve self esteem and help manage weight.
- Improve fitness levels and lower risk for heart disease and type 2 diabetes.
- Improve brain activity and focus.

Move your body
improve your

HEALTH

Have Fun Every Day!

- Play with your kids on the floor.
- Walk at the park.
- Dance in your kitchen or living room.

