

Be More Active & Enjoy Your Life

The key to living a healthier life is to be more physically active. This means it's time to get moving so you can feel good and enjoy your life!

What are the benefits of being active?

Being more active can:

- Keep you strong and healthy.
- Build muscle and strong bones.
- Make you more flexible.
- Make your heart stronger.
- Make you feel good about yourself.
- Help you stay at a healthy weight or lose weight.

Your Goal:

Try to be active for at least 60 minutes a day! You can be active all through the day for as little as 10 minutes at a time. It doesn't have to be all at once. Try not to exercise right before bedtime.

Remember these things!

- Contact your doctor to see what activities are right for you.
- Dress for the weather and drink plenty of fluids.
- Stretch before you get started, and remember every step counts!



Try These Fun Activities!

If you are by yourself ...



- Ride your bike
- Roller skate
- Go for a run
- Jump rope
- Do jumping jacks
- Take your dog for a walk
- Shoot baskets
- Hit a tennis ball against a wall
- Dribble a soccer ball
- Try a new dance move



If you have 2 people...



- Have a handstand contest
- Take a bike ride together
- Play catch with each other
- Play a game of H-O-R-S-E
- Turn on the radio and start dancing to the beat
- Play hopscotch
- Jump rope together
- Play Frisbee
- Take a hike

Try These Fun Activities!

If you have a big group, team sports are great!



- Play any type of team sport
- Kickball
- Soccer
- Basketball
- Tennis
- Dodge ball
- Baseball or softball



If it's cold outside ...



- Shovel snow
- Make a snowman
- Build an igloo or fort
- Go ice skating
- Go sledding or snowboarding
- Make snow angels
- Play ice hockey
- Play tag in the snow



If it's hot outside ...



- Do jumping jacks over a sprinkler
- Wash the car or dog
- Go swimming
- Toss water balloons
- Run over a sprinkler with the neighbors



If it's raining outside...



- Play twister
- Hit a balloon around the room without letting it hitting the floor
- Hula hoop
- Dance to your favorite song
- Do some house chores - vacuum or clean your room

