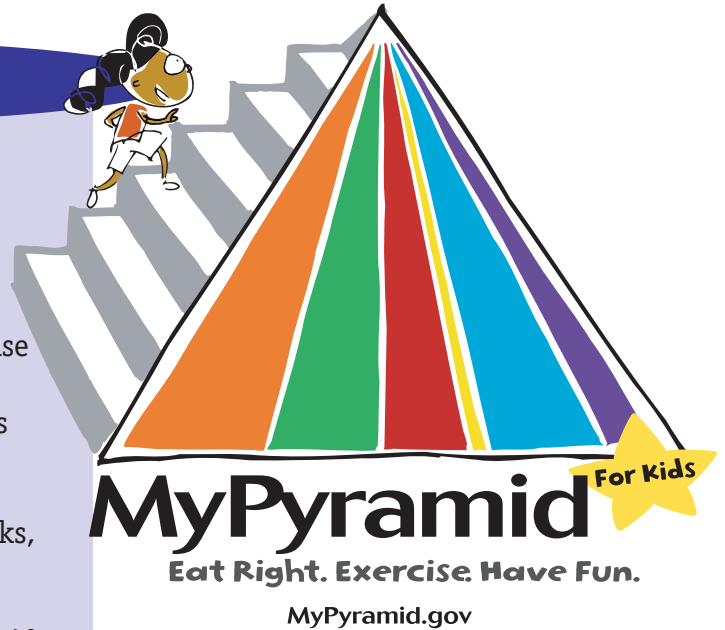


## Eat & Exercise for Health

### Exercise Is Fun

*Children should be physically active for 60 minutes every day, or most every day.*

- Enjoy games with friends or help around the house 2-3 times a week. Hopscotch, play on swings or climbing equipment, fly a kite, help your parents with yardwork or gardening.
- Do aerobic activities 3-5 times a week – long walks, biking, running, swimming.
- Every day make extra steps in your day. Walk or ride your bike instead of getting a ride, take the stairs instead of elevator, help take out the garbage.
- Sit less – watching TV, playing computer games, listening to the radio or CD.
- Stretch and strengthen muscles 2-3 times a week – curlups, pushups, stretching.
- Enjoy sports 3-5 times a week – soccer, softball, other team sports, gymnastics or dance.
- Eating right and exercising are important for a strong, healthy body. Besides being fun, regular exercise helps you have a healthy heart and healthy blood vessels, strong muscles, healthy lungs, healthy bones.
- Being active also helps you control weight, sleep better, feel better, learn better and prevents constipation.
- Make activity a family affair. Take walks together, play volleyball, go hiking, swimming, etc.



### Some ideas to be more active:

- Go to the park with your family, and use the playground equipment.
- Play hopscotch with your friends. Turn on some music, and move with the music.





*List some activities you enjoy. Draw pictures to show these activities.*



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