

Get one hour or more of physical activity every day

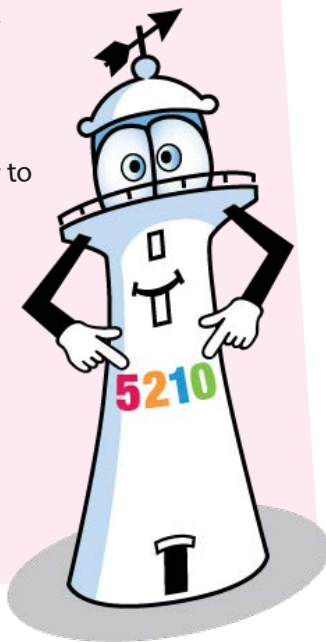
Lighty's Rules

Move An Hour Ever

- Encourage at least an hour of daily physical activity...for kids and adults!

Let Physical Activity be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make sand angels



Tips from Lighty!

Make Physical Activity Easier.

- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational computer time.
- Choose toys and games that promote physical activity.
- Encourage lifelong physical activity by incorporating physical activity into your routine.
- Keep physical activity fun!!

Be A Role Model.

- Use a pedometer.
- Take a walk after dinner.

Did you know?

One hour of moderate physical activity means:

- Doing activities where you breathe hard like 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 your heart happy
- Helps you keep a healthy weight
- Makes you stronger
- Makes you flexible



LET'S GO!
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