GET MOVING AND GROOVING

Physical Activity ** CAN HELP YOU:

/ Increase your chances of

living longer

Feel better about yourself

Sleep better at night

Strengthen your muscles and bones

Achieve and maintain a healthy weight

How much DO I NEED?

Young Children 2-5

ACTIVE PLAY each day

Children & Teens

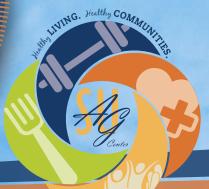
60 MINUTES A DAY (at least)

Adults
MINUTES A DAY
(at least)

Types of

PHYSICAL ACTIVITY

- Aerobic activities such as running, cycling, swimming, or playing basketball causes your heart to beat faster than usual and strengthens your heart, lungs and blood vessels.
- Muscle strengthening activities such as push-ups and lifting weights make your muscles stronger.
- Balance and stretching activities such as yoga, dance, and martial arts aid in physical stability and flexibility.
 - Bone strengthening activities such as running and jumping help strengthen and grow bones through the force of impact.



Healthy LIVING. Healthy COMMUNITIES.

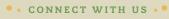


Developed by Camellia Brown, SNAP-Ed Nutrition Educator. Sources:

activity

snaped.fns.usda.gov/ nutrition-education/ nutrition-educationmaterials/physical-

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