



# *Physical Activity*

## What is Physical Activity?

- ✓ Anything that gets you moving for at least 20 minutes at a time.
- ✓ Walking
- ✓ Jogging/running
- ✓ Hiking
- ✓ Riding a bike
- ✓ Jumping rope
- ✓ Rollerblading
- ✓ Swimming
- ✓ Soccer
- ✓ Dancing
- ✓ Basketball



## Benefits of Physical Activity

- ✓ More energy
- ✓ More muscle
- ✓ Makes you happy
- ✓ Better body image
- ✓ Better sleep



## Tips for Getting Physical Activity Everyday

- ✓ Choose the right activity for you. Every body has a different shape and likes different activities. Choose activities that make you feel good!
- ✓ Make it fun.
- ✓ Do it with friends. Play soccer, basketball or jump rope with friends.
- ✓ Walk or bike to and from school.
- ✓ Walk around the block or shoot baskets while waiting for mom and dad.
- ✓ Stand up and stretch.
- ✓ Play hard at recess.
- ✓ Dance with your mom, dad, and/or friends.
- ✓ Join a class -- dance, swimming, karate, etc.

