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Get one hour or more of physical activity every day.

5210 Every Day!

- 5 or more servings of fruits & vegetables
- 2 hours or less recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water & low fat milk

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
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible

MOVE AN HOUR EVERY DAY!

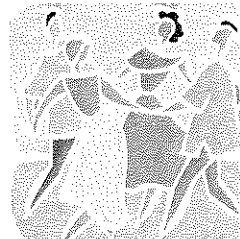
Encourage at least an hour of daily physical activity...for kids and adults!

USE PHYSICAL ACTIVITY AS A REWARD

- ✓ Write a short list of good behaviors on a chart. Mark the chart with a star every time you see the good behavior.
- ✓ After your child has earned a small number of stars, give him or her a reward.
- ✓ Give your child extra play time before or after meals as a reward for finishing homework.
- ✓ Avoid giving your child extra time in front of the screen as a reward.
- ✓ Choose fun, seasonal activities.
- ✓ Encourage your child to try a new sport or join a team.

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 snow angels



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.