



Eat Smart.
Play Hard.™

Ways To Move

By doing things you enjoy

- ▶ Ride a bike
- ▶ Walk the dog
- ▶ Roller skate, scooter, or in-line skate
- ▶ Play basketball, baseball, soccer, or football
- ▶ Play catch
- ▶ Jump rope or jog in place
- ▶ Mow the grass or rake the lawn
- ▶ Clean the house
- ▶ Swim
- ▶ Take the stairs instead of the elevator
- ▶ Dance

Just Move It!



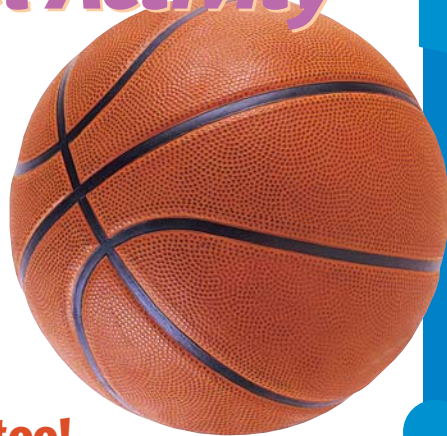
Did you know that being physically active daily...

- Increases fitness levels and keeps the heart and lungs healthy.
- Builds and maintains healthy bones, muscles, and joints.
- Helps control weight to decrease the risk of many diseases.
- Boosts energy and promotes sound sleep.
- Helps everyone feel good about themselves and happier in general.



Make Family Time an Active Time

Pump Up Your Family's Energy With Physical Activity



Physical activity is fun, makes you strong, and helps to make you feel good too!

Kids are naturally physically active. Help them to get the foods they need to stay that way—keep fruits, vegetables, whole grains, and fat-free or low-fat milk on hand for snacks and meals. Remember, physical activity and nutrition work together for better health.

Keep moving and stay healthy!

Adults need at least 30 minutes most days, and kids need at least 60 minutes of physical activity every day of the week, or most every day.

Make it Easy To Be Active

Plan—activities for all family members to enjoy 2-3 times a month.

- Go on a family bike ride.
- Pack a picnic with sandwiches (use lean meats and whole-grain bread) sliced vegetables, fruit and chilled fat-free or low-fat milk. Take a family hike after the picnic!

Set a Good Example!

Plan—with your kids—fun activities for the whole family.

- Make a regular date to walk with friends and neighbors.
- Plant a vegetable garden together! Kids can help with digging, weeding and harvesting. Get them involved in preparing the foods too.

Move More. Sit Less!

Play—Reduce TV watching and increase active play.

- Tour a local museum, zoo, or historic site for activity and learning.
- Let kids help with planning ways to move.

Make Play Safe!

- Set up an area in the home where kids can be active.
- Use safety gear when needed, like a helmet, pads, or goggles.



Make activity a habit!

Make Family Time an Active Time!

BE A ROLE MODEL!

You play an important role in making sure that you and your kids are active and moving every day.

Make a list of things your family can start doing to be active right away.

For more information on these topics or other programs visit our Web site at:

www.fns.usda.gov



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