

Exercise doesn't have to be hard. Any kind of physical activity counts – just get up and get going! Your goal should be one hour of physical exercise every day.

Why exercise is important

- Keep a healthy weight
- Strengthen bones and heart
- Promote better sleep
- Improve your mood
- Prevent many diseases such as heart disease, diabetes and some cancers

Get moving!

Run, jump, play, dance! Get your heart pumping with aerobic activities that keep you moving. Here are some simple ways to build exercise into your routine – every day!

- Dance
- Play outside
- Ride your bike or scooter
- Take a nature hike
- Go to the park or playground
- Shoot hoops, toss a football
- Kick a soccer ball
- Do yardwork, raking or gardening
- Go on a scavenger hunt
- Do chores during commercials
- Do jumping jacks during commercials
- Take the stairs
- Do stretches, push-ups, sit-ups

Games that get you moving

- Hide-n-seek, Simon Says, Green Light, jump rope, hop scotch, tag, flashlight tag, hula-hoop

Tip for Parents: If you're active, your kids will be active. Create good habits that will last a lifetime.

Resources: Eat Smart Move More NC, www.eatsmartmovemorenc.com



WHAT'S A FIT BREAK?

A short burst of activity lasting 5-10 minutes. Do this several times a day. Short bursts of activity keep you using your body energy and help you maintain a healthy weight.

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Eat five servings of fruits or veggies every day.

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Eat together as a family four times a week.

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Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

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Cut sugar-sweetened drinks to zero.