



Get Moving! Be Active!

Your Kids Learn To Be Active From YOU!

Families say:

"I try to be a good role model for my kids."

"Sometimes we just put music on and dance around in the living room."

"He was having trouble riding his bike, so I just got on and showed him how. He thought it was great."

Be healthy. Be active.

at least	30	minutes a day
	10	minutes at a time
	5	days a week

Feeling tired?

Walk just 100 feet – it may perk you up.
After a few days you'll have even more energy.

No time?

All it takes is 10 minutes three times a day. Take the stairs, park at the far end of the parking lot, do housework with lots of energy, work hard in the yard, dance with the kids.

No place to be active?

It doesn't have to be a gym. Opportunities are everywhere – your home, the mall, the park.....

Don't like exercise?

Join a friend.
Use music.
Walk instead of driving on short errands.