



Be healthy. Be active.
at least **30** minutes a day
10 minutes at a time
5 days a week

Get Moving! Be Active!

Where?

Did you know that there are resources for physical activity for you and your family all over your community?

YMCA/ YWCA: _____

Community/ Recreational Center: _____

Parks: _____

Schools: _____

Playgrounds: _____

Help other families find resources and places to be active. Share your ideas:

