



Everyday Ways To Get Moving

ADULTS At home

1. Do things “old school”—without machines. Rake leaves and shovel snow without a blower. Use a push lawn mower; wash and wax your car by hand.
2. Move into high gear when you do household chores.
3. Attach a three- to five-pound weight to your television remote control so that you can do some strength training while channel surfing.

Out and About

1. Take the stairs and use the restroom a couple of floors away from yours.
2. Walk to school or work; get off the bus a few blocks before your regular stop and walk the rest of the way.
3. Make dates that include physical activity: bowling, a walk or hike, dancing, even shooting pool requires more movement than dinner and a movie.
4. Park as far away from the shopping areas as possible. Walk around the entire shopping mall before you go into a store.
5. Use the stairs instead of escalators or elevators.



Everyday Ways To Get Moving

ADULTS At home

1. Do things “old school”—without machines. Rake leaves and shovel snow without a blower. Use a push lawn mower; wash and wax your car by hand.
2. Move into high gear when you do household chores.
3. Attach a three- to five-pound weight to your television remote control so that you can do some strength training while channel surfing.

Out and About

1. Take the stairs and use the restroom a couple of floors away from yours.
2. Walk to school or work; get off the bus a few blocks before your regular stop and walk the rest of the way.
3. Make dates that include physical activity: bowling, a walk or hike, dancing, even shooting pool requires more movement than dinner and a movie.
4. Park as far away from the shopping areas as possible. Walk around the entire shopping mall before you go into a store.
5. Use the stairs instead of escalators or elevators.



Everyday Ways To Get Moving

ADULTS At home

1. Do things “old school”—without machines. Rake leaves and shovel snow without a blower. Use a push lawn mower; wash and wax your car by hand.
2. Move into high gear when you do household chores.
3. Attach a three- to five-pound weight to your television remote control so that you can do some strength training while channel surfing.

Out and About

1. Take the stairs and use the restroom a couple of floors away from yours.
2. Walk to school or work; get off the bus a few blocks before your regular stop and walk the rest of the way.
3. Make dates that include physical activity: bowling, a walk or hike, dancing, even shooting pool requires more movement than dinner and a movie.
4. Park as far away from the shopping areas as possible. Walk around the entire shopping mall before you go into a store.
5. Use the stairs instead of escalators or elevators.

Kids – Tip The Scales In Your Favor

- ✱ Avoid “all you can eat” and fried-food restaurants.
- ✱ Walk to and from school, if possible and safe. A minimum of 30 minutes of physical activity each day is recommended.
- ✱ Limit “screentime” (TV, video games, and computer) to two hours each day. Studies show that often kids who watch the most TV are more overweight.
- ✱ Join an intramural sports team, take dance classes, or go outside to play after school rather than playing computer games or watching television.
- ✱ Plan healthy meals and snacks with your family.
- ✱ Limit soft drinks, special coffees, fruit juices and fast foods. They’re high in sugar and fat.
- ✱ Most important of all—be a role model for your friends and family!

Sources: Centers for Disease Control and Prevention; American Diabetes Association; American Dietetic Association; The Hope Heart Institute

Visit us at
www.youthtakeheart.org

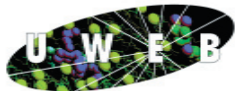
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

Kids – Tip The Scales In Your Favor

- ✱ Avoid “all you can eat” and fried-food restaurants.
- ✱ Walk to and from school, if possible and safe. A minimum of 30 minutes of physical activity each day is recommended.
- ✱ Limit “screentime” (TV, video games, and computer) to two hours each day. Studies show that often kids who watch the most TV are more overweight.
- ✱ Join an intramural sports team, take dance classes, or go outside to play after school rather than playing computer games or watching television.
- ✱ Plan healthy meals and snacks with your family.
- ✱ Limit soft drinks, special coffees, fruit juices and fast foods. They’re high in sugar and fat.
- ✱ Most important of all—be a role model for your friends and family!

Sources: Centers for Disease Control and Prevention; American Diabetes Association; American Dietetic Association; The Hope Heart Institute

Visit us at
www.youthtakeheart.org

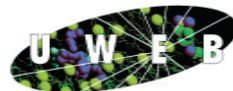
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

Kids – Tip The Scales In Your Favor

- ✱ Avoid “all you can eat” and fried-food restaurants.
- ✱ Walk to and from school, if possible and safe. A minimum of 30 minutes of physical activity each day is recommended.
- ✱ Limit “screentime” (TV, video games, and computer) to two hours each day. Studies show that often kids who watch the most TV are more overweight.
- ✱ Join an intramural sports team, take dance classes, or go outside to play after school rather than playing computer games or watching television.
- ✱ Plan healthy meals and snacks with your family.
- ✱ Limit soft drinks, special coffees, fruit juices and fast foods. They’re high in sugar and fat.
- ✱ Most important of all—be a role model for your friends and family!

Sources: Centers for Disease Control and Prevention; American Diabetes Association; American Dietetic Association; The Hope Heart Institute

Visit us at
www.youthtakeheart.org

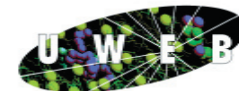
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu