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Get one hour or more of physical activity every day.



HEALTHY HABITS FOR HEALTHY COMMUNITIES

**Activity that makes you breathe harder and your heart pump faster makes you stronger. Active kids grow up to be active adults.**

## Just move it!

### Make it an hour.

#### It's free and fun!

- Take a walk with your family
- Play with your pet
- Go for a hike
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Take the stairs
- Play tag

### Make it easy.

#### How to get up and go!

- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer, and keep them out of the bedroom.
- Choose toys and games that promote physical activity.

#### Moderate vs. vigorous.

*Moderate activity means:*

- Doing activities where you breathe hard, like hiking or dancing.

*Vigorous activity means:*

- Doing activities where you sweat, like running, aerobics or basketball.

### Make it a game.

#### Find new ways to get active.

- Give your child extra play time before or after meals as a reward for finishing homework.
- Avoid giving your child extra time in front of the screen as a reward.
- Play a game of hide and seek with your kids.
- Choose fun, seasonal activities.
- Encourage your child to try a new sport or join a team.
- Incorporate physical activity into your routine to encourage lifelong physical activity.



### Why physical activity:

- It makes you feel good and keeps you more alert throughout the day.
- It helps you maintain a healthy weight.
- It makes you stronger and more energetic.
- It makes you more flexible and less prone to injury.



Working Together to Shape a Healthy Future  
Facilitated by Community Health Improvement Partners

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Adapted from the Let's Go! program in Maine.