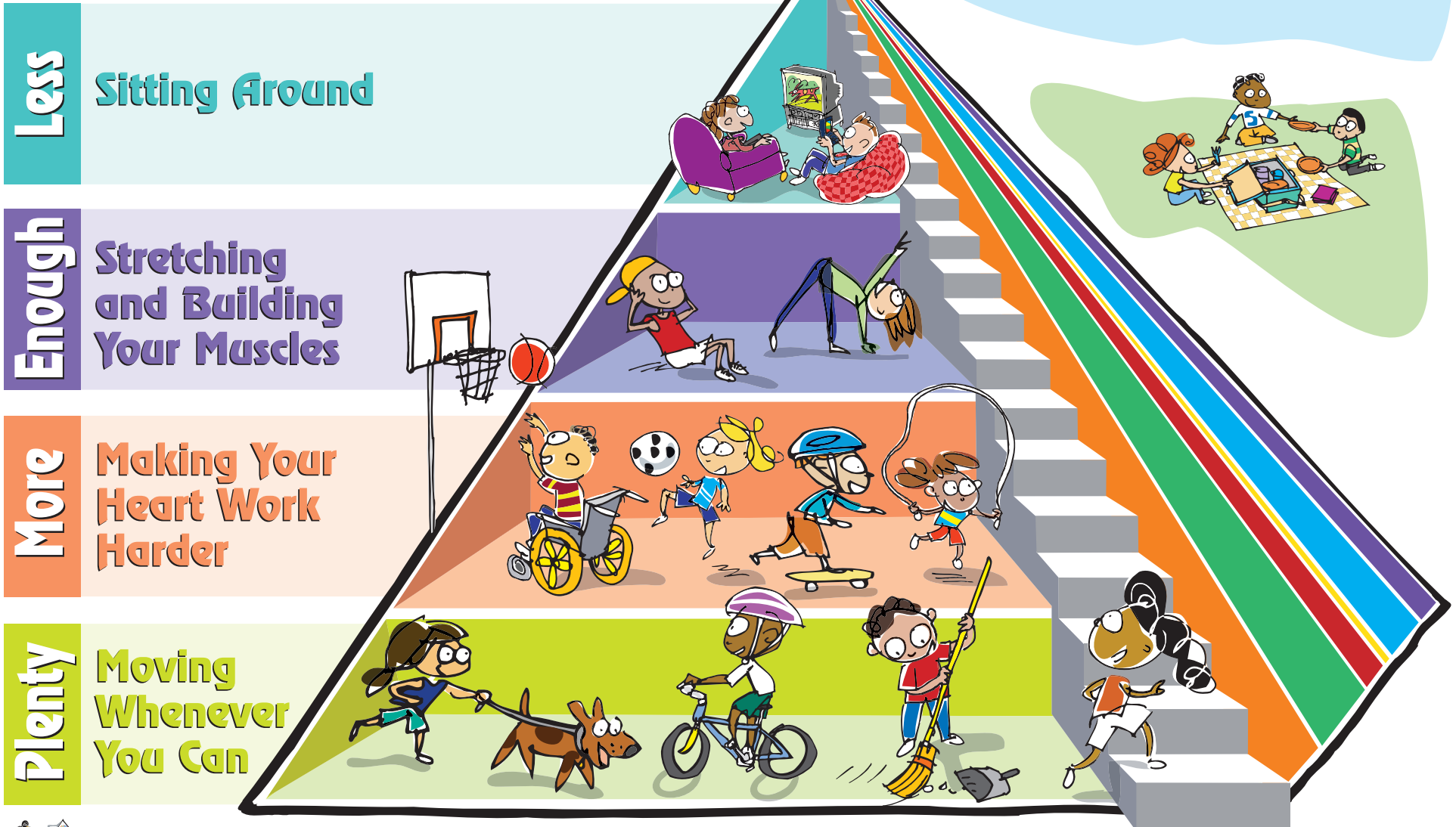


Enjoy Moving

Be physically active every day*



* Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.



USDA U.S. Department of Agriculture
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Enjoy Moving

Be physically active every day

Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Do Plenty

Moving Whenever You Can

- Walking the dog
- Sweeping
- Taking the stairs instead of the elevator
- Playing outside
- Vacuuming
- Dusting
- Riding a bike
- Throwing a ball



Do More

Making Your Heart Work Harder

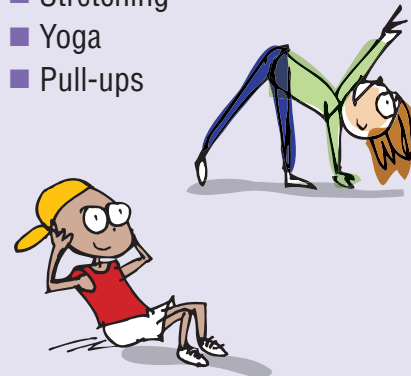
- Playing baseball or softball
- Playing soccer
- Jumping rope
- Skateboarding
- Gardening/Yard work
- Running/Jogging
- Playing basketball
- Swimming
- Hiking
- Playing tennis
- Dancing
- Skipping



Do Enough

Stretching and Building Your Muscles

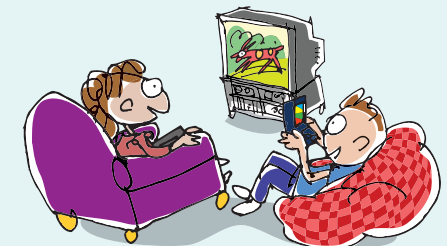
- Sit-ups
- Push-ups
- Martial arts
- Lifting free weights or strength training
- Stretching
- Yoga
- Pull-ups



Do Less

Sitting Around

- Playing on the computer
- Watching television
- Playing electronic games
- Talking on the phone
- Sitting still for hours



Find your balance between eating and physical activity.

Eating smart choices from every food group and being physically active work together for a healthier you!
For more information go to: MyPyramid.gov and teamnutrition.usda.gov.

