



# Get Moving!

Exercise is important for everyone to do! But what's the best kind?

Answer: ALL KINDS! Just get moving!

### Burn Calories By:

- |               |               |                   |          |
|---------------|---------------|-------------------|----------|
| Basketball    | Hop Scotch    | Jumping Rope      | Running  |
| Biking        | Hula Hoop     | Marching in Place | Skipping |
| Brisk Walking | Hopping       | Playing Frisbee   | Soccer   |
| Dancing       | Jumping Jacks | Playing Tag       | Swimming |



### Build Strong Muscles By:

- |              |               |                                  |
|--------------|---------------|----------------------------------|
| Cheerleading | Gymnastics    | Resistance Bands                 |
| Sit Ups      | Push Ups      | Lifting Weights or Cans          |
| Crunches     | Rope Climbing | Climbing on Playground Equipment |

### Build Strong Bones By:

- |            |              |            |
|------------|--------------|------------|
| Basketball | Hopping      | Skipping   |
| Gymnastics | Jumping Rope | Tennis     |
| Jumping    | Running      | Volleyball |



### Limit Screen Time:

- Under 2 years old: None
- 2 years old: No more than 1-2 hours of quality screen time daily
- 3-4 years old: No more than 1-2 hours daily but not in the bedroom
- 5-21 years old: No more than 2 hours daily not related to school work



# Track It!

Record your activity in the journal below to be able to track all that you do!

Day	What did you do?	How long did you do it?	How intense was it? (Easy, moderate, hard)	Notes
Example	<i>walk</i>	<i>30 minutes</i>	<i>hard</i>	<i>bring water</i>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

## Tips and Planning For Exercise:

- ★ Plan out how you're going to be active for the week. Mix it up so you don't get bored.
- ★ Find an exercise partner for support.
- ★ Place your tennis shoes by the door to remind you to get going.
- ★ Have FUN!