

GET MOVING AND GROOVING

Physical Activity

CAN HELP YOU:

- ✓ Increase your chances of living longer
- ✓ Feel better about yourself
- ✓ Sleep better at night
- ✓ Strengthen your muscles and bones
- ✓ Achieve and maintain a healthy weight

How much DO I NEED?



Young Children 2-5
ACTIVE PLAY
each day



Children & Teens

60 MINUTES A DAY
(at least)



Adults

30 MINUTES A DAY
(at least)

Types of

PHYSICAL ACTIVITY

- **Aerobic activities** such as running, cycling, swimming, or playing basketball causes your heart to beat faster than usual and strengthens your heart, lungs and blood vessels.



- **Muscle strengthening activities** such as push-ups and lifting weights make your muscles stronger.



- **Balance and stretching activities** such as yoga, dance, and martial arts aid in physical stability and flexibility.



- **Bone strengthening activities** such as running and jumping help strengthen and grow bones through the force of impact.



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[snaped.fns.usda.gov/
nutrition-education/
nutrition-education-
materials/physical-
activity](http://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/physical-activity)



Healthy **LIVING.** Healthy **COMMUNITIES.**

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