

Be Active Every Day

(Your Own Way)



For Kids:

1. At least one hour per day
2. Play actively:
climbing, tug of war, running,
jumping, biking, hopscotch,
jump rope, sports, walking
3. Short episodes count
4. Limit screen time to less than
2 hours per day
5. Keep it fun!

For Adults:

1. You don't need as much as you
think: just 2.5 hours a week
2. Moderate intensity is good:
walking, running, swimming,
dancing, biking, skating, sports
3. Not all at once - 10 minutes
counts, active work counts
4. The chair is not your friend -
limit sitting to no more than
2 hours per day
5. More is more - 5 hours per
week is better

Be Active Every Day! (Your Own Way)

The number one excuse given why people don't exercise is that they can't find the time. But they probably find themselves watching their favorite TV show every night.

Strong and consistent evidence in both children and adults shows that screen time is directly associated with increased overweight and obesity. And the strongest association is with television screen time.

Increased electronics and internet usage has everyone sitting more instead of moving more. Make an effort to limit screen time to 1 to 2 hours each day.

Adults who participate in any

amount of physical activity gain some health benefits.

Doing things around the house counts!

- rake leaves
- shovel snow
- sweep or vacuum
- mow the lawn
- wash the car
- pull weeds

Remember, some physical activity is better than none, and more is better.

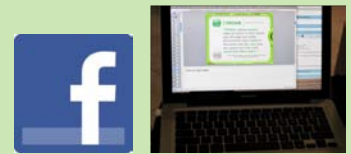
Self-monitoring is important for all adults. They should self monitor everything - you are the one responsible for daily weigh ins, food logging and activity plans.

TURN IT OFF!!



Social media, video, TV, laptops, games, movies, SCREENS – they all scream for our time. The key is that you cannot control what you do for work, but you can minimize its effect by being more active in leisure time.

twitter



YouTube

Children and adolescents

- 60 minutes (1 hour) or more of physical activity daily.
- Most of the 60 or more minutes a day should be either moderate- or vigorous- intensity aerobic physical activity.
- Climbing, tug of war, running, jumping, biking, hopscotch, jump rope, sports, walking - they all count!
- No more than 1 to 2 hours of screen time per day.
- Keep it fun! Enjoy the outdoors, take your dog for a walk and play with friends!

Adults

- All adults should avoid inactivity.
- Some physical activity is better than none.
- Adults who participate in any amount of physical activity gain some health benefits.
- Get at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity.
- Aerobic activity should be performed in episodes of at least 10 minutes and should be spread throughout the week.
- Increase aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity for more extensive health benefits.

FMI see dietaryguidelines.gov