

Get Movin'!

Each week you can have **FUN**
and be **ACTIVE** by trying the
following things...

Have fun
thinking up your
OWN activities!

With Friends:

- Dance
- Play games like tag and hopscotch
- Join a sports team at school or a park

By Yourself:

- Fly a kite
- Do cartwheels, somersaults, or jumping jacks
- Practice sports skills



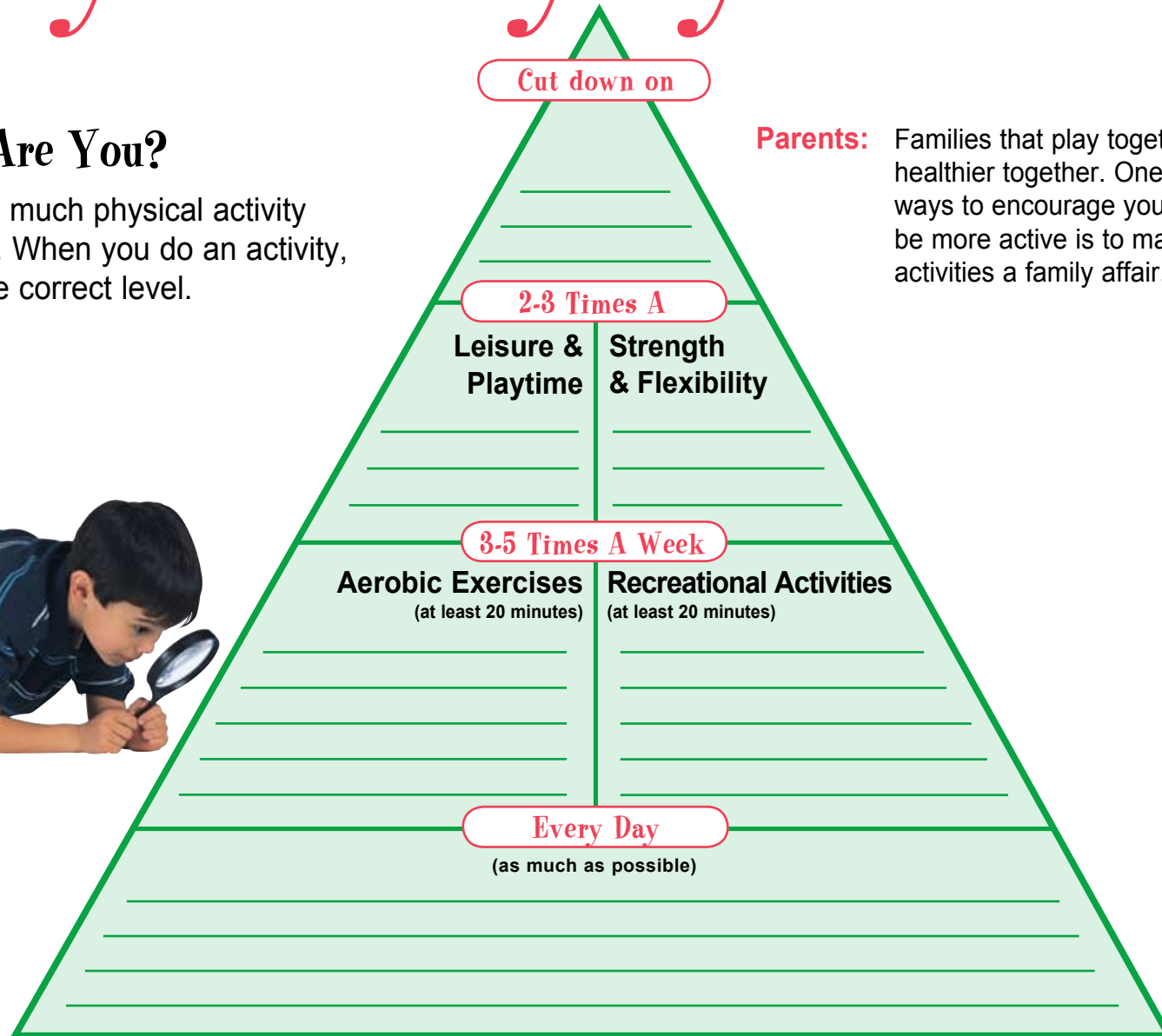
With Family:

- Go on a walk together
- Play at the park
- Turn off the TV for a day

My Activity Pyramid

How Active Are You?

Keep track of how much physical activity you get in a week. When you do an activity, write it down in the correct level.



Parents: Families that play together stay healthier together. One of the best ways to encourage your children to be more active is to make physical activities a family affair.