

Get Moving!



EATING SMART
BEING ACTIVE

Be active!

Adults

- Get at least **30 minutes** of moderate activity 5 or more days of the week (150 minutes a week).
- Do strength and balance activities 2 days a week.
- Sit less!



Children & teenagers

- At least **60 minutes** of active play every day.
- **Children under 18 months** – No screen time other than live video chat.
- **Children 18 months to 2 years** – Limited screen time with parent co-viewing.
- **Children 2 to 5 years** – No more than 1 hour a day of screen time.



Safety tips for being active

- Warm up for 3 to 5 minutes before being active.
- Cool down for 3 to 5 minutes after being active.
- Start at an easy pace; increase time and intensity slowly.
- Drink water before, during, and after being active.
- If you have pain in your chest, neck, jaw, between your shoulder blades, or down your arm, stop immediately and call 911.



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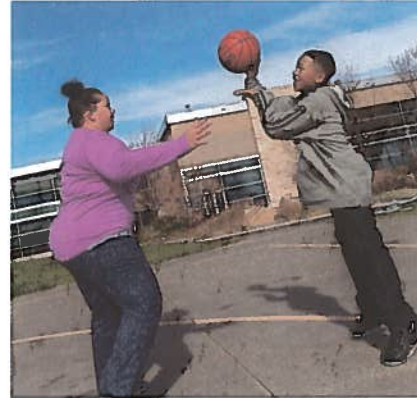
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Why be active?

- Reduces risk of heart disease, high blood pressure, and diabetes
- Helps maintain a healthy weight
- Builds and maintains bones
- Increases energy
- Improves sleep and mood
- Helps children do better in school



Ways I can be more active

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I will be more physically active this week by:

This is when I will be active:



Our next lesson will be on _____ (day)

at _____ (time)



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Cardio pyramid

Perform each move for 2 counts of 8.

The march in place at the top of the pyramid is a small break. Perform this move for 3 counts of 8.



Muscle and bone strengthening activities



Calf Raises



Seated Mountain Climbers



Seated Leg Lifts



Chair Stands



Stomps



Triceps Kickbacks



Leg Lunges

Perform each activity for 2 sets of 6 repetitions. As your strength builds, you can add weight, repetitions to each set, or additional sets.



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Physical Activities



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Warm-Up



1. Reach for the Sky, 2 to 3 times



2. March in Place, 3 counts of 8



3. Step Touch
3 counts of 8



4. March with Arms
3 counts of 8



5. Step Touch with Arms
3 counts of 8



6. March with Arms
3 counts of 8



7. Step Touch with Arms
3 counts of 8