

Fun Ways to Move More

Move at least 1 Hour, Every Day

Physical activity is very important for good health. One hour of moderate physical activity means doing activities where you breathe hard, such as fast walking, hiking, or dancing. 20 minutes of vigorous physical activity means doing activities where you sweat, such as running, aerobics, or basketball. Physical activity is healthy for children and adults. It makes you feel good, improves heart health, can help improve or maintain strength, and improves your flexibility.

Make your Physical Activity Free and Fun

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (and remember to wear a helmet)
- Turn on music and dance
- Jump rope
- Play frisbee
- Take the stairs
- Park the car at the end of the parking lot when you go out

Tips and Ideas to Make Physical Activity Easier

- Make gradual changes to increase your level of physical activity
- Track the level of your physical activity using a pedometer, fitness band, or online tracker
- Choose toys and games that promote physical activity, such as balls, hula hoops, jump ropes, etc.
- Do physical activities together with friends or family
- Turn off the TV and computer and keep them out of the bedroom
- Limit recreational screen time with TV, computers, video games, smartphones, etc.
- Encourage lifelong physical activity by incorporating it into your daily routine
- Stick to the activities you enjoy doing most; you'll be more likely to be physically active if you make it fun

Final Considerations

For more information about healthy eating and active living resources, please email 5210healthywashoe@nnph.org.