



Everyday Activities	Active Aerobics and Recreational Activities	Flexibility and Strength	Inactivity
As often as possible	3-5 times a week	2-3 times a week	Cut down
<ul style="list-style-type: none"> <li>• Playing outside</li> <li>• Helping with chores around the house or yard</li> <li>• Taking the stairs instead of the elevator</li> <li>• Picking up toys</li> <li>• Walking</li> </ul> 	<ul style="list-style-type: none"> <li>• Playing basketball</li> <li>• Biking</li> <li>• Playing baseball or softball</li> <li>• Rollerblading</li> <li>• Skateboarding</li> <li>• Playing soccer</li> <li>• Swimming</li> <li>• Playground games</li> <li>• Jumping rope</li> </ul> 	<ul style="list-style-type: none"> <li>• Practicing martial arts</li> <li>• Rope climbing</li> <li>• Stretching</li> <li>• Practicing yoga</li> <li>• Doing push-ups and pull-ups</li> </ul> 	<ul style="list-style-type: none"> <li>• Watching television</li> <li>• Playing on the computer</li> <li>• Sitting for too long</li> <li>• Playing video games</li> </ul> 

**Find your balance between food and fun:**

- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!