PHYSICAL ACTIVITY

Fuel Your Family

Importance of Physical Activity
Helps prevent chronic health issues, such as heart disease, Type 2 diabetes, and high blood pressure

Benefits of Physical Activity
- Better sleep
- Stronger bones and muscles
- Improved mood
- It’s fun!

How much do I need?
- Adults need at least 30 minutes/5 days/week
- Kids need at least 60 minutes every day

Ways you can be active!
- Family Walks
- Dancing
- Team Sports
- Swimming
- Jumping Rope
- Running
- Bike riding
- Roller blading
- Weight training
- Yoga

Visit https://www.choosemyplate.gov/resources/physical-activity to learn more about being active!

https://www.choosemyplate.gov/resources/physical-activity-why