

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!

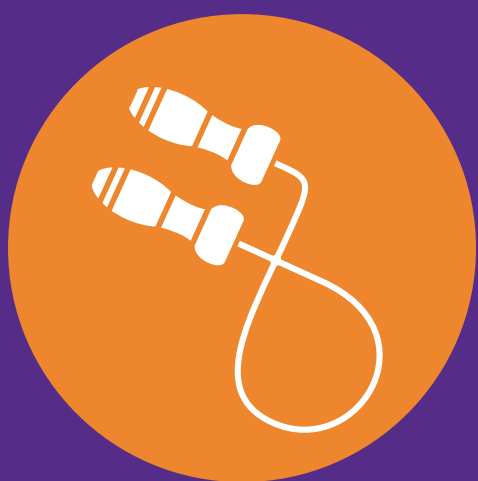
How much do I need?

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/resource/s/physical-activity>

to learn more about being active!

Sources: https://snaped.fns.usda.gov/sites/default/files/documents/familytime_beactivetoday.pdf
<https://www.choosemyplate.gov/resources/physical-activity-why>

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