

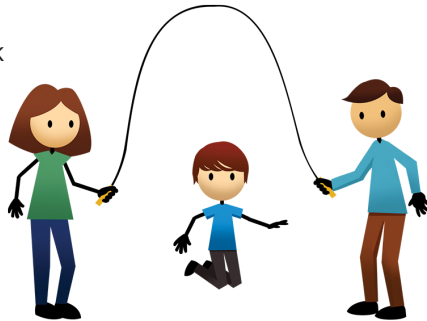
Recipe for an active day

An active day means moving your body in lots of fun ways.
From the activity menu below, select at least one option from each category.
Try to choose something different every day!

Total time: 90 minutes

Make time to play outside

- play tag
- play hide and go seek
- climb a tree
- go to the playground
- roll down a hill
- jump in puddles
- jump off rocks
- build a fort
- jump in a lake
- get muddy
- run through a sprinkler
- look for worms
- jump rope



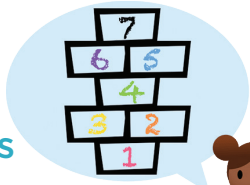
Get together for a family activity

- bike ride
- after dinner walk
- obstacle course
- geocaching
- dance party
- go skating
- soccer in the park
- scrub baseball game
- go bowling
- do some yoga



Have fun developing skills

- play catch
- hit a ball with a bat
- stand on one foot while brushing teeth
- balance on line of masking tape on the floor (like a tightrope)
- dribble a ball
- shoot hoops or throw laundry into a hamper
- play hopscotch
- kick a ball back and forth



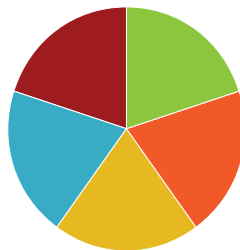
Remember to help around the house

- make your bed
- take out the garbage
- pick up toys
- fold laundry
- rake leaves
- garden
- vacuum



Use your feet to get around

- walk
- run
- bike
- scooter
- skateboard
- rollerblade
- skip



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

Congratulations on moving your body in so many different and healthy ways.
You are on your way to being active for life!