

## STAY ACTIVE TO STAY HEALTHY

- Get at least 30 minutes of activity every day (1 hour for children).
- Add more activity into your life by taking the stairs, parking your car far from the store, and walking when possible.
- Walking is an easy and inexpensive way to get your daily activity.
- Plan physical activities that the whole family can enjoy such as walks, playing in the park, gardening, and dancing.
- Children should play outside when possible rather than staying inside and watching television.
- Medical doctors recommend that children younger than two years watch no television, and children older than two years watch no more than two hours a day of quality television and video games.
- Encourage physical activities indoors such as playing active games, jumping rope, or dancing.
- **Being active helps you and your family stay healthy, have more energy, feel better, and maintain a healthy weight.**

