


Healthy Habits. Healthy Life.

Aim For  **1** hour of physical activity every day

YOUR BODY WILL THANK YOU. BEING ACTIVE CAN:

- Make you feel good
- Help you focus better at school or work
- Keep your heart healthy
- Make you stronger
- Help you sleep well
- Help you improve your sport
- Help you stay physically fit

And it can be a fun way to spend time with friends and family.



Everything counts!

Try moving for 10 minutes or more at a time. Give your brain a break and get up and move.

A little exercise goes a long way – especially if you're breathing hard!



GIVE IT A TRY!

- Play some music and dance
- Play outside
- Get up and move if you've been sitting for awhile
- Play tag or jump rope
- Explore a park
- Shoot hoops or toss a ball

