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 $\label{eq:USDA} \textbf{USDA is an equal opportunity provider and employer}.$

Enjoy Moving

Be physically active every day

Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Do Enough Do Plenty Do More Do Less Moving Making Your Stretching Sitting Heart Work Whenever and Building **Around Your Muscles** You Can Harder Walking the dog Playing baseball or softball ■ Sit-ups Playing on the computer Playing soccer Sweeping Push-ups Watching television Taking the stairs instead of the Jumping rope ■ Martial arts Playing electronic games elevator Skateboarding Lifting free weights or strength Talking on the phone Playing outside training Gardening/Yard work Sitting still for hours Vacuuming Stretching Running/Jogging Dusting Yoga Playing basketball ■ Pull-ups Riding a bike Swimming Throwing a ball Hiking Playing tennis Dancing Skipping



Find your balance between eating and physical activity.

Eating smart choices from every food group and being physically active work together for a healthier you! For more information go to: **MyPyramid.gov** and **teamnutrition.usda.gov**.



