Physical activity is as important as eating the right foods.

Find your balance between food and physical activity.

- Improve your overall health and fitness with regular activity.
- Be physically active for at least 30 minutes most days of the week.
- To prevent weight gain, be physically active for at least 60 minutes most days of the week.
- To help lose weight, be physically active for at least 90 minutes most days of the week.
- You can do small amounts of moderate activity that add up during the day.

Daily Physical Activity

- Improves blood pressure and cholesterol
- Helps manage weight
- Improves your mood
- Gives you energy
- Improves self image
- Reduces body fat
- Reduces stress

Get moving with these activities:

- Walk with a friend.
- Clean the house.
- Wash and wax your car.
- Mow the lawn with a push mower.
- Plant a vegetable or flower garden.
- Play with your children.
- Park farther away and walk where you are going.
- Use the stairs instead of taking the elevator.
- Go dancing.

Katie Says:

Physical activity is good for you in lots of ways. Any amount is better than none. The best physical activity is the one that you will do.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Get Moving…
For the Fun of It

• Make physical activity fun.
• Make physical activity a family activity.
• Make physical activity a habit.

Physical activity is fun and good for you.

Stephanie Woodyard, Extension Program Specialist
Your local Extension agent can tell you more about this and can help you in other ways too. Call or write:

Katie