



# COOL MOVES!

## Sit Less-Move More

Moving your body is fun and good for you, and helps you look good. Besides, it's easier to do than you think! Try these ideas to fit at least 60 minutes of "cool moves" in your life each day.

1. **Put your feet to the groove, and walk!** Forget about the bus or asking for a ride.
2. **Try in-line skating or skateboarding.** It's fast, easy to learn, outside fun with friends. Remember: wear the gear (helmet plus knee, wrist, and elbow pads).
3. **Take the stairs every chance you can.** Forget the elevator. You'll get a workout without even thinking.
4. **Walk the dog.** Whether you volunteer or get paid, dog walking is fun for moving more!
5. **Turn up the music.** Shake, rattle, and roll to your favorite tunes. It doesn't matter if you move to rap, hip - hop, or salsa music, or do the twist. Just move as you groove.
6. **Earn extra cash as you help your body.** Try mowing lawns, washing cars, weeding gardens, shoveling snow, or cleaning garages.
7. **Be a good neighbor!** Help older folks by walking their dogs or volunteering for household jobs.
8. **Go out and play.** Rake a mountain of leaves; jump in. Make your moves with karate, yoga, tae kwon do, or kickboxing.
9. **Baby-sit.** Sounds silly, but just try to keep up with toddlers. They move-fast!
10. **Lap it up.** For fun, swim and dive with friends.
11. **Play one-on-one basketball.** Talk about a total body workout. First person to 21 wins.



Adapted from the Power of Choice curriculum. Developed by: United States Department of Agriculture, Food and Nutrition Service and the U.S. Department of Health and Human Services, Food and Drug Administration