

Get Up!

Get one hour or more of physical activity every day

Move for an hour every day

Encourage at least an hour of daily physical activity for kids and adults!

Let physical activity be free and fun!

Take a walk with your family

Play with your pet

Play tag

Take a bike ride (remember to wear your helmet)

Turn on music and dance

Jump rope

Play Frisbee

Make snow angels

Did you know?

Moderate physical activity:

- Activities that make you breathe hard
- Examples: hiking, dancing
- Aim for one hour a day.

Vigorous physical activity:

- Activities that make you sweat
- Examples: running, aerobics, basketball
- Aim for 20 minutes a day.

Physical Activity

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible

Make physical activity easier.

- Make gradual changes to increase your physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational computer time.
- Choose toys and games that promote physical activity.
- Keep physical activity fun!

Let's Move
Pittsburgh

5210

Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens.

This program is adapted from Let's Go! www.lets-go.org.