

# Move Your Way



ACTIVE ADVENTURES  
BE FIT TOGETHER

HEALTH BREAK

*Physical activity is important for family health and wellbeing. Discover ways to Make a Move toward adding physical activity into your daily family routine.*

## PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

### Adult Recommendations

- 150 minutes (30 minutes 5 times a week) of moderate-intensity aerobic activity (walking, biking, swimming, etc.)
- Include muscle strengthening activities (any activity that works your muscles) 2 days a week.

### Kid/Teen Recommendations

- 60-minutes of moderate to vigorous activity every day
- Include muscle strengthening exercises (like climbing or push-ups) 3 times a week.
- Include bone strengthening exercises (like jumping rope or running) 3 times a week.

### Moderate Intensity Exercise vs Vigorous Intensity Exercise

- An exerciser should be able to talk comfortably but not sing while participating in moderate intensity exercises and only be able to speak a few words without pausing for breath while participating in vigorous intensity exercises.

## MOVE TOGETHER: ACTIVITIES & GAMES

### OUTSIDE

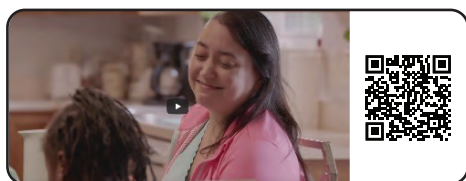


- Walks
- Bubbles
- Freeze tag
- Kickball
- Bike rides
- Basketball

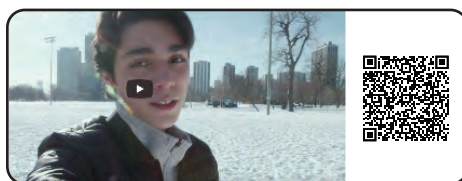
### INSIDE



- Simon Says
- Follow-the-Leader
- Fitness breaks during commercials
- Dancing



**Move Your Way:**  
*Tips for Getting Active Indoors*



**Move Your Way:**  
*Try Something Different*



**Move Your Way:**  
*Tips for Getting Active as a Family*

## SOURCES / ADDITIONAL READING



American Heart Association  
"How to Get Your Family Active"



Academy of Nutrition and Dietetics  
"Family Exercise Ideas for Every Season"

### AUTHOR

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