

FEEL FIT!

Get plenty of exercise



Be fit and ready to get moving

Feel good and full of energy

Don't feel like exercising



Sluggish - no energy

Feel sad or depressed

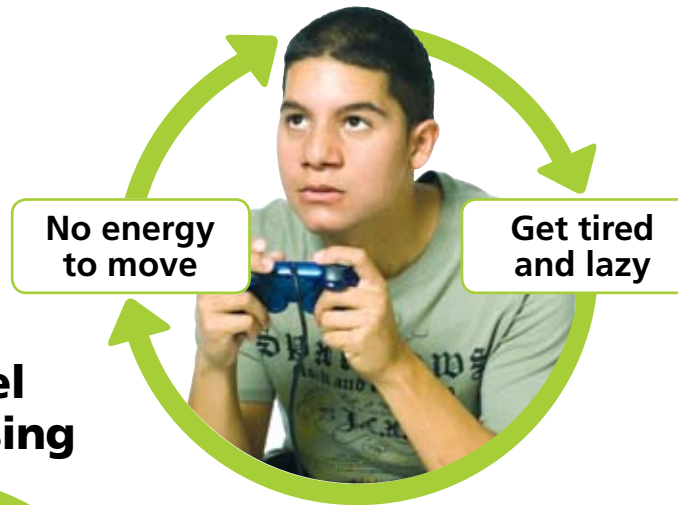
Don't get enough exercise



Being active gets harder

Feel out of shape

Too much TV and video games



No energy to move

Get tired and lazy

THINK 60

You need at least 60 minutes of exercise every day. It's easy to do! Fun activities you do every day add up fast.



Sports practice	30 min
Run at recess	15 min
Ride a bike	+15 min
Total	60 min



Dance to music	30 min
Walk to school	15 min
Hula hoop	+15 min
Total	60 min



Jump rope with friend	15 min
Play active video game	15 min
Run at recess	15 min
Walk the dog	+15 min
Total	60 min