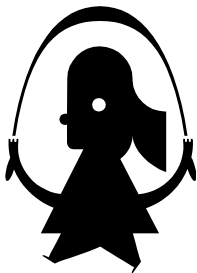


Need some ideas for activities? Try one of these! Remember, your activities do not need to be fancy, we just want you up and off your couch. 😊

- Go for a walk
- Take a swim
- Jump
- Take the stairs
- Wash the car
- Play basketball
- Walk your dog
- Ride your bike
- Help around the house
- Jump rope
- Play catch
- Kick a soccer ball



Check out these websites for more information about being active

- <http://www.letsmove.gov/>
- <http://www.childrensaidsociety.org/kids-health-nutrition>

Can you get 60 minutes of activities a week?