MAKE A GOOD CHOICE: GET MOVING ALABAMA!

MAKE IT HAPPEN

You don't have to go to a gym or play sports to be healthy and get fit. Be active and play wherever you go:

- at school
- at home
- outside
- in the neighborhood
- at grandma's house

Video games and TV time are fun, but so is play time! Take time to power down, unplug, and go play.

Physical activity is for *everybody, everywhere.*

MAKE IT FUN

- Try a new activity and pump up the laughter!
- Out is the new IN! Grab your BFF and go outside. Go to a park and explore. Walk the dog; they want to play too.
- Family time is great when being active. Challenge mom to a dance off or take a family walk after dinner.
- Make the most of your time in PE class at school. Have fun with your school friends and give it your all.

Be active doing what YOU like to do! Physical activity should be fun and something you want to keep doing.

MAKE IT ADD UP

Do 60 minutes (1 hour) or more of physical activity (PA) every day. Activity should:

- Increase your heart rate and make you breathe harder such as bike riding or walking to school.
  Kick it up at least 3 days a week with more intense activities such as playing soccer, jumping rope, gymnastics, or games that involve running.
- Work your muscles at least 3 days a week such as climbing trees, push-ups and pull-ups, playing tug of war, or working with exercise bands.
- Strengthen your bones at least 3 days per week like jumping, hopping, skipping, or playing basketball.

Make the minutes COUNT by doing a VARIETY of FUN activities. PA= 60 minutes a day!

MAKE IT KNOWN

Physical activity can keep you healthy and fit. It helps your heart, muscles and bones, helps with stress and feeling happier, and can help you do better in school.

Keep up with how you're doing.

- Apps can help you track how active you are each day.
- Use a step counter to count your steps. Set a goal and try to meet it every day. Then, increase your goal!
- Track your screen time. Spend no more than 1-2 hours per day in front of a screen (television, computer, phone).

Tweet your successes at #GetMovingAL



ALABAMA OBESITY TASK FORCE

YOLO – JUST B ACTIVE

Get Moving ALABAMA

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