



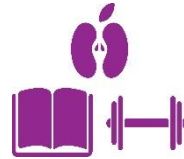
FAMILY HUDDLE

How much physical activity should you do?

Adults – At least 30 minutes on most days of the week

Kids – At least 60 minutes every day of the week

It can be hard to find time for physical activity, but it's worth it!



HEALTHY SPIRIT, MIND, AND BODY

Get Creative!

Name two ways your family can do physical activity:

- 1) _____
- 2) _____



MORE ACTIVITY, MORE FUN

How does physical activity help you?

- Improves your general health; people who exercise regularly get sick less often
- Improves your concentration
- Increases strength and stamina
- Reduces stress and tension
- Improves your sleep



HOMEWORK HELPER

Homework Fun!

Create your own game based on physical activity.

Use things you can find at home like a deck of cards to choose activities, soup cans for weights, and an extra-long scarf for a jump rope!

Try being active using your new game for the recommended number of minutes (from the first section.)