

MAKE FAMILY TIME ACTIVE TIME



PHYSICAL ACTIVITY IS IMPORTANT
FOR CHILDREN AND ADULTS OF ALL AGES.

MyPlate Physical Activity Recommendations:

Adults—at least 2.5 hours of physical activity per week

Kids—at least 60 minutes of physical activity each day

BE ACTIVE TODAY!

Tips for becoming more active as a family:

- **Set specific activity times.** Determine times throughout the week where most everyone is together and devote a few of those times to physical activity (ex. Saturday morning bike ride, Sunday afternoon walk, after dinner game of hoops)
- **Turn off the Electronics** (TV, iPad, phone, video games). Set a rule for no more than two hours per day in front of a screen. This will allow extra time for physical activity.
- **Use what is available in your home or community.** You don't have to buy expensive equipment or even join a gym to be active. For example, our Live Better Wellness Wednesday Power Moves require no equipment and can be done almost anywhere (indoors or outdoors). Another free example from our community is Cherokee Lake which has a walking trail and a playground with exercise equipment.
- **Celebrate special occasions with activities.** Go bowling, go to a skating rink, visit a zoo. Invite friends to join you and enjoy making memories while you get in your physical activity for the day.
- **Take the stairs instead of the elevator.**
- **Sign up for a race, walk, or fun run as a family.**
- **Check out free exercise videos from the library.** Our Live Better display at the Thomas County Public Library highlights several of the exercise videos that are available for you to check out.

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.