



Get Moving!

Exercise is important for everyone to do! But what's the best kind?

Answer: ALL KINDS! Just get moving!

Burn Calories By:

Biking	Soccer	Skipping	Basketball
Dancing	Running	Hula Hoop	Marching in Place
Swimming	Hopping	Brisk Walking	Jumping Jacks
Hop Scotch	Playing Frisbee	Jumping Rope	Playing Tag



Build Strong Muscles By:

Sit Ups	Gymnastics	Resistance Bands
Push Ups	Cheerleading	Lifting Weights or Cans
Crunches	Rope Climbing	Climbing on Playground Equipment

Build Strong Bones By:

Hopping	Skipping	Tennis
Basketball	Running	Jumping
Jumping Rope	Gymnastics	Volleyball



Limit Screen Time:

- Under 2 years old: None
- 2 years old: 1-2 hours of quality screen time daily
- 3-4 years old: 1-2 hours daily but not in the bedroom
- 5-21 years old: 2 hours non-academic daily



Community Care
of North Carolina



Track It!

Record your activity in the journal below to be able to track all that you do!

	What did you do?	How long did you do it for?	How intense was it? (easy, moderate, hard)	Notes
Example	walk	30 minutes	hard	bring water
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tips and Planning For Exercise:

- ★ Plan out how you're going to be active for the week. Mix it up so you don't get bored.
- ★ Find an exercise partner for support.
- ★ Place your tennis shoes by the door to remind you to get going.
- ★ Have FUN!

