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
- Dancing
- Swimming
- Hop Scotch
- Soccer
- Running
- Hopping
- Playing Frisbee
- Skipping
- Hula Hoop
- Brisk Walking
- Jumping Rope
- Basketball
- Marching in Place
- Lifting Weights or Cans
- Playing Tag

### Build Strong Muscles By:

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

### Build Strong Bones By:

- Hopping
- Basketball
- Jumping Rope
- Skipping
- Running
- Gymnastics
- Tennis
- Jumping
- 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
**Track It!**

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

<table>
<thead>
<tr>
<th>What did you do?</th>
<th>How long did you do it for?</th>
<th>How intense was it? (easy, moderate, hard)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>walk</td>
<td>30 minutes</td>
<td>hard</td>
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<tr>
<td>Day 1</td>
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<td>Day 2</td>
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<td>Day 3</td>
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<td>Day 6</td>
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<tr>
<td>Day 7</td>
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</tbody>
</table>

**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!