

Fun Ways to Be Physically Active



Being a kid and being active is fun! Think of all the ways you like to be active in school, home, on vacation, at a friend's house, with your family. Getting an hour of physical activity a day is not problem when you take advantage of all the ways you can be active and have fun.

Here are some things you probably already enjoy that count as physical activity. Do you do any of these? Check the box if you do to remind you what you like when you feel like you're out of ideas.

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| <input type="checkbox"/> Ride your bike | <input type="checkbox"/> Practice karate |
| <input type="checkbox"/> Walk to school | <input type="checkbox"/> Play hopscotch |
| <input type="checkbox"/> Go out at recess and play | <input type="checkbox"/> Go swimming |
| <input type="checkbox"/> Skateboard with your friends | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Play basketball | <input type="checkbox"/> Go to the park |
| <input type="checkbox"/> Jump rope | <input type="checkbox"/> Play softball, or baseball |
| <input type="checkbox"/> Dance with your friends | <input type="checkbox"/> Play soccer or kickball |
| <input type="checkbox"/> Walk the dog | <input type="checkbox"/> Play catch with a ball or a frisbee |
| <input type="checkbox"/> Take a hike in your neighborhood | <input type="checkbox"/> Take a dance or gymnastics class |

Come up with a game plan for getting your at least one hour of physical activity every day. Write down some activities you like to do (consult the list above if you can't come up with anything!); decide how many minutes you'll spend on each

NAME OF ACTIVITY	# OF MINUTES

**Get up! Get out! Get at least an hour of physical activity.
Make sure it's fun!**

