

Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- **GET AT LEAST** 60 minutes a day of moderate activity, most days of the week.

Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

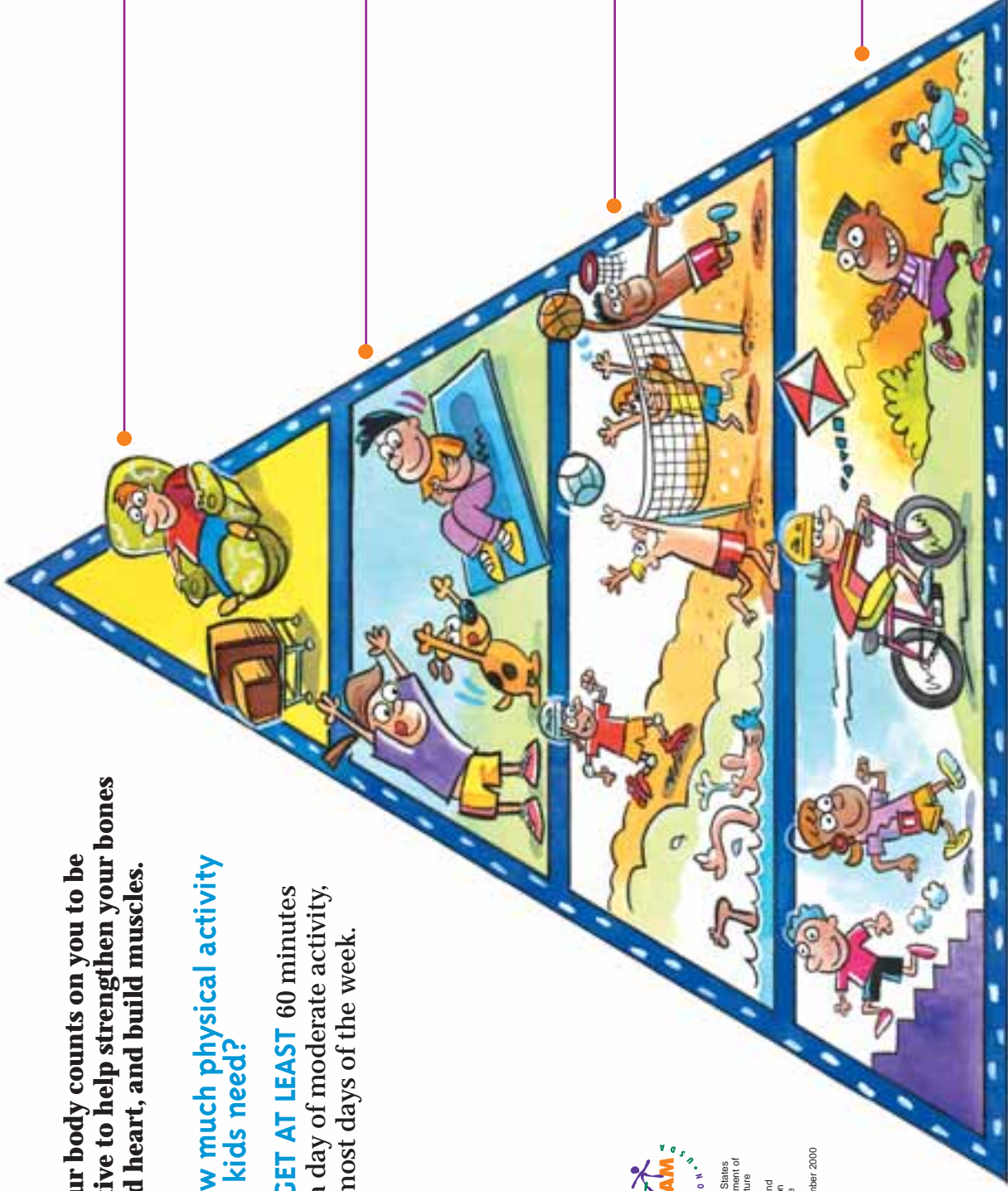
Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.



United States
Department of
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