



# A Healthy Body Suits Me



## **Benefits of Regular Physical Activity**

- Feel better
- Family fun
- Better mood
- Good example
- Healthy weight
- More time with children
- More flexibility, stronger
- Better stress management
- Strengthens family bonds
- Helps prevent heart disease
- Better behavior by children
- Fewer colds, less work missed
- Helps prevent high blood pressure
- Less begging for items seen on TV

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## **Physical Activities You Can Do in or Near Your Home**

- Walk to the library
- Wash your car by hand
- Stair-step inside house or on front steps
- Walk your children to and from school
- Shoot hoops with your children at school playground
- Stand and do push-ups against the wall
- Dance with partner or children
- Play hide and seek
- Walk the dog
- Ride bicycles
- Jump rope

Add your own ideas!

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