

FOR KIDS ONLY: GET MOVING!



Are you an active, busy, person full of energy? Or, do you sit in front of the television or play computer games? Everyday, we have to sit still for some of the day (like at school) and our bodies need daily rest (like at night). Other times, our bodies need to MOVE. Moving our bodies works our muscles, strengthens our heart and keeps us healthy. It can also be a whole lot of FUN!

Below are some examples of activities that keep your body cruising along at its very best. Keep track of your activities this week.

AEROBIC ACTIVITIES: TRY AT LEAST 3-5 EACH WEEK

Aerobic activities are those, which you do at a steady pace for at least 15 min.

Activity	Minutes
Biking	
Fast walking	
Running	
Swimming	
Jump rope	
Dancing	
In-line skating	
Hiking	
Other:	
Other:	
Other:	

TOTAL AEROBIC ACTIVITIES: _____ MINUTES: _____

GAMES AND SPORTS: TRY AT LEAST 1-2 EACH WEEK

Activity	Minutes
Baseball/softball	
Wall ball	
Football	
Catch	
Soccer	
Kickball	
Roller hockey	
Frisbee	
Karate/Tae Kwon Do	
Gymnastics/Cheerleading	
4 Square	
Other:	
Other:	
Other:	

TOTAL GAMES AND SPORTS: _____ MINUTES: _____

OTHER ACTIVITIES: TRY AT LEAST 1-2 EACH WEEK

Activity	Minutes
Household Chores	
Gardening	
Washing the car	
Other:	
Other:	

TOTAL OTHER ACTIVITIES: _____ MINUTES: _____

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