

MOVING MORE, EVERYDAY, EVERYWHERE



Choosing to Move More Throughout the Day

Make active choices during your day...



Take a walk (10 minutes)



Choose the stairs instead of the elevator (5 minutes)



Park farther away and walk (5 minutes)



Dance with your children (10 minutes)

Move More

SOME WAYS TO GET MORE PHYSICAL ACTIVITY ARE TO:

- Go out for a short walk
- Park farther away
- Take the stairs
- Choose active toys for children
- Dance to a good song
- Play outside with children
- Turn off the TV and do something active together as a family
- Work in the garden

Focus on play and enjoyment for you and your family.