STEP UP TO LiVe Well

EVERY DAY, AIM FOR:

- Less than 2 hours of screen time (TV, video games, Internet)
- 60 minutes or more of physical activity!

STRETCH & STRENGTHEN

STRETCH YOUR BODY EVERY DAY

Be gentle, patient, and persistent. Work stretching into everyday activities — or at least take time to stretch 2 to 3 times a week:

- Stretch before you get out of bed.
- Stretch before and after aerobic exercise or sports.
- Learn yoga or Pilates.
- Try martial arts or gymnastics.
- Dance or stretch to music (for toddlers, try "head, shoulders, knees and toes").

BUILD STRENGTH

Add strength training 2 to 3 times a week.

- Use your own body weight — do push-ups, pull-ups, sit-ups, and knee bends.
- Sign up for personal training or work with a coach to learn good technique.
- Try light weights (or even soup cans) and do lots of repetitions. Teens and kids shouldn't use heavy weights unless a coach or other trained professional can help them lift safely.

START

BUILD A HEALTHY FOUNDATION

GET AEROBIC

Try to make 20-30 minutes of your daily activity vigorous and aerobic. Get your heart beating faster, and work up a sweat.

- **Outdoors:** bike, walk, run, hike, climb, skate, sled, cross-country ski, or jump rope.
- **Indoors:** rowing machine, stationary bike, treadmill, elliptical trainer, active arcade or video games (dance, boxing).

EASE INTO IT

If you have joint pain with walking or sports activities — or you're just starting from scratch — consider these low-impact activities first:

- Swimming or water play
- Stationary cycling
- Elliptical trainers

Need help? Find a personal trainer.

REV IT UP

PLAY A SPORT OR JOIN A CLUB

You don't need to be a sports star. Pick up a game with friends and family.

- Check out options at your local parks and recreation center or at a health club or school.
- Try: basketball, tennis, soccer, flag football, hockey, lacrosse, softball, Ultimate Frisbee, swimming, dancing, cheerleading, volleyball, wrestling, or track.

TURN OFF THE TV

Aim for less than 2 hours a day.

- Remove TV, computers, and game consoles from all bedrooms.
- Be firm about limits.
- Don't eat in front of the TV.
- Don't surf: schedule time in advance to watch your favorite shows.
- Exercise while you watch (treadmill, bike, commercial-calisthenics).

TRANSPORT YOURSELF

Try to spend less time in the car. Get some fresh air. Rely on your own 2 feet.

- Walk or ride your bike to school. Make it a daily routine.
- Walk or ride your bike to friends' houses, to the store, to movies, to lessons, to church, or to work.
- Ditch the stroller. Let toddlers walk along with you when possible.
- Take the stairs instead of the elevator — always — up and down.

PLAY, PLAY, PLAY

Do more good old-fashioned, active play. No rules, no structure. Just have fun!

- Play tag, hopscotch, red-rover, or kickball.
- Throw a ball.
- Chase the dog.
- Look for bugs or play with dolls.
- Build things — towers of blocks, snowmen, or fortresses.
- Spend time at a playground, skate park, or rec center.
- Jump rope.

MAKE IT A FAMILY AFFAIR

Don't go it alone. Get the whole family involved. Make family activities part of your weekly routine.

- Do regular, active chores: vacuuming, raking leaves, mowing the lawn, sweeping the floor, washing windows.
- Take walks together after dinner.
- Play Ping-Pong, Frisbee, badminton, or croquet.
- Find active indoor games like Twister or balloon volleyball.
- Go bowling or mini golfing.