



MOVE MORE IN MAY!

National Physical Fitness and Sports Month

Physical activity can be easy and fun. And, it's one of the most important things that you can do for your health! Visit www.fitness.gov to learn more.

HOW MUCH ACTIVITY DO I NEED?

- Children and teens should do 1 hour of physical activity each day.
- Adults need 150 minutes of moderate aerobic physical activity each week. Examples of moderate-intensity activity include brisk walking and heavy housework.

THE BENEFITS OF BEING ACTIVE

Physical fitness reduces your risk of diseases such as heart disease, type II diabetes, and certain cancers. Being active improves the health of your whole body.

- **Brain** – Improve memory, increase energy, reduce depression and anxiety.
- **Heart** – Improve blood pressure, cholesterol, and keep your heart strong.
- **Lungs** – Increase endurance and make breathing easier.
- **Bones and Muscles** – Keep bones, muscles, and joints strong and healthy.

FAMILY FITNESS

This month, take time to talk to the kids in your life about physical fitness.

- Ask kids about the physical activities they enjoy.
- Talk about what you like to do to be active and what activities you did as a child.
- Be a kid again and shoot baskets, play catch, or play an active game like hide and seek, tag, or musical chairs.

Be an active role model for the children in your community. Support children's PE, sports, and exercise programs. The habits kids learn now can last a lifetime!



Visit *Get a Life!* at www.kidsgetalife.org for resources and ideas for healthy eating and physical activity.



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Here are some easy ways to celebrate fitness this month:

1. Let others know. Tell people that May is National Physical Fitness and Sports Month.

- For communities and leaders: www.fitness.gov
- For doctors and health providers: www.exerciseismedicine.org
- For schools and teachers: www.aahperd.org
- For parents and kids: www.smallstep.gov/kids

2. Start a physical activity challenge.

- Set a goal to Move More in May.
- Keep track of your physical activity on a calendar. Or, track your physical activity online at www.presidentschallenge.com.

3. Set a summer activity goal. To make it more fun, plan to try a new fitness or sport activity with a friend or family member. Write down your goal below.

Put a "✓" next to each activity you did at least once in the past month.

Circle the activities you will do this month.

Try to do at least one new activity that you didn't do last month.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Football | <input type="checkbox"/> Roller Skating | <input type="checkbox"/> Walking |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Frisbee | <input type="checkbox"/> Rope Jumping | <input type="checkbox"/> Water Aerobics |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Gardening | <input type="checkbox"/> Running/Jog | <input type="checkbox"/> Water Skiing |
| <input type="checkbox"/> Bicycling | <input type="checkbox"/> Golf | <input type="checkbox"/> Skateboarding | <input type="checkbox"/> Weight Training |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Soccer | <input type="checkbox"/> Wii Fit |
| <input type="checkbox"/> Calisthenics | <input type="checkbox"/> Hiking | <input type="checkbox"/> Softball | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Swimming | <input type="checkbox"/> Yoga/Pilates |
| <input type="checkbox"/> Cardio Machines | <input type="checkbox"/> Household Tasks | <input type="checkbox"/> Table Tennis | <input type="checkbox"/> Zumba |
| <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Hunting | <input type="checkbox"/> Tennis | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Children's Games | <input type="checkbox"/> Kickball | <input type="checkbox"/> Track & Field | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Circuit Training | <input type="checkbox"/> Martial Arts | <input type="checkbox"/> Trampoline | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Racquetball | <input type="checkbox"/> Volleyball | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fishing | | | <input type="checkbox"/> _____ |

