

Get Active, Drink Water... Feel Better!

Start Moving

Regular physical activity can improve your health, maintain a healthy weight and help prevent chronic diseases.



Children and teens, ages 6-17, need to be active at least 60 minutes every day. This includes muscle and bone strengthening 3 times a week.



Adults need 150 minutes of activity a week and should do muscle and bone strengthening 2 times a week.



- Active kids tend to become active adults.
- Active kids do better in school.



Muscle and bone strengthening includes weight bearing activities like jumping and running.

10 minutes at a time is fine! 150 minutes a week sounds like a lot, but you don't have to do it all at once. You can break it up during the day by doing 10 minutes at a time.

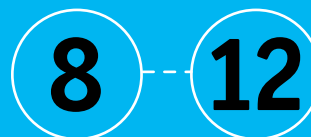
Be Active at the Park

- Ride your bike or walk to the park
- Run and do workouts along a park path
- Play soccer or football with your kids and their friends



- Check out park and rec leagues for you and your kids
- Bring lunch and plan a day of activities and games

Drink More Water



Drink water before, during and after activities

Drink 8 to 12 cups of water every day (1 cup is 8 ounces)



Fill up a water bottle at home and take it with you to the park, work, or on walks

When passing a water fountain, stop, take a drink and fill up your water bottle

Use a refillable water bottle

Drinking water helps control your body temperature during active play.



Find new ideas for being active at CaChampionsForChange.net

