The KID'S Activity House

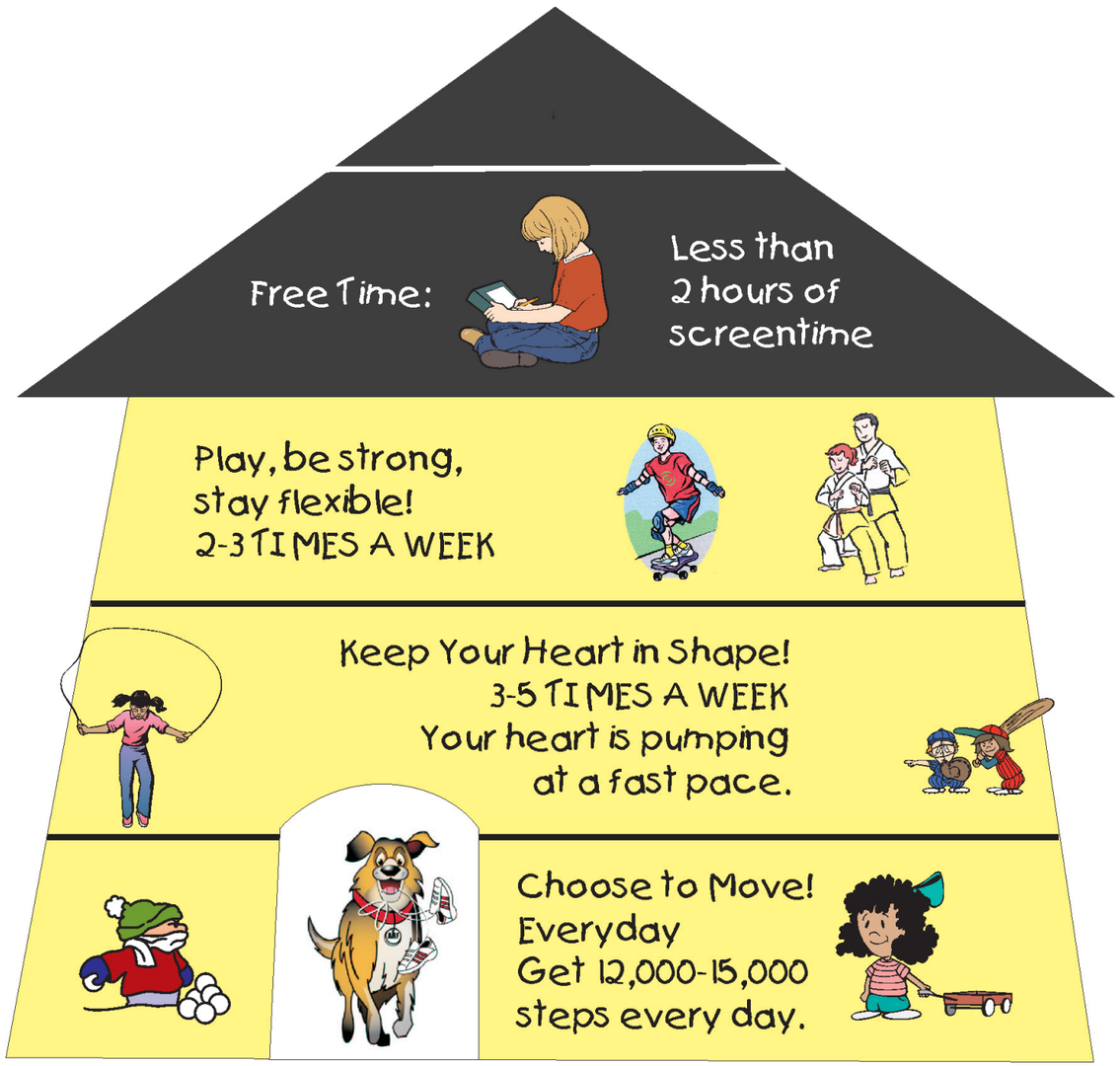
What can you do with 60 minutes a day?

HEY KIDS!

Need some fun, active ideas? Take a tour through my dog house! You will find lots of fun things to do! Make sure your friends and family join in too!

Play, be strong, stay flexible!

You are in "just play" mode here. Pick something that you like to do that gets you moving. Be sure to build strength and flexibility so that you can be active for life!



Keep Your Heart in Shape!

When you are working in this mode, your heart is pumping at a fast pace and your cheeks are pink, but are definitely not ready to sing at the top of your lungs! You are playing hard for up to 20 minutes at a time! If you are "recreating", just count the minutes in movement!

Choose To Move Everyday!

Kids are supposed to get 12,000 - 15,000 steps every day - that is about 5 miles. Are you getting that? This is not hard to accomplish if you are making the choice to move. Use your legs and/or arms to transport you to the places you want and have to go (like a friend's house, school, or movie theatre)!

Nebraska Health and Human Services
Disease Prevention and Health Promotion, Cardiovascular Health Program

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