Fun Ways to Be Physically Active

Being a kid and being active is fun! Think of all the ways you like to be active in school, home, on vacation, at a friend’s house, with your family. Getting an hour of physical activity a day is not a problem when you take advantage of all the ways you can be active and have fun.

Here are some things you probably already enjoy that count as physical activity. Do you do any of these? Check the box if you do to remind you what you like when you feel like you’re out of ideas.

- Ride your bike
- Walk to school
- Go out at recess and play
- Skateboard with your friends
- Play basketball
- Jump rope
- Dance with your friends
- Walk the dog
- Take a hike in your neighborhood
- Practice karate
- Play hopscotch
- Go swimming
- Play tennis
- Go to the park
- Play softball, or baseball
- Play soccer or kickball
- Play catch with a ball or a frisbee
- Take a dance or gymnastics class

Come up with a game plan for getting your at least one hour of physical activity every day. Write down some activities you like to do (consult the list above if you can’t come up with anything!); decide how many minutes you’ll spend on each.

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<th>NAME OF ACTIVITY</th>
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Get up! Get out! Get at least an hour of physical activity. Make sure it’s fun!