

MOVE MORE | Make it Count!



Move More Outdoors

You don't have to go to a gym to get fit. Being active outdoors can make exercise seem more like play, which may help you enjoy it more. Adults should aim for at least 150 minutes of moderate-intensity aerobic activity each week, and kids should get at least 60 minutes a day. Every minute you move adds up, so make your fun count!

- Plan family outings that include physical activity, like hiking, canoeing or swimming. Even a simple trip to the park can get you all up and moving.
- Explore your neighborhood or city – or see the sights in new places – on foot or bicycle.
- Take your dog for a walk. If you don't have one of your own you could volunteer at a local shelter, help out a neighbor who is too busy to walk their dog, or start a dog-walking service.
- When the weather's nice, bike or walk to nearby destinations like school, the grocery store or coffee shop.
- At the beach, hunt for shells, play frisbee or fly a kite instead of sitting and watching the waves. At the lake, set sail in a kayak, canoe or paddleboard. At the park or playground, play with your kids instead of just watching them.
- Work on your sports skills: Shoot some hoops, throw the football around, or get some batting practice in.
- Get your garden on! Gardening, mowing and yard work are a great way to get active outdoors. No yard? No problem. Try container gardening or a local community garden.

TIPS FOR SUCCESS

- Dress in layers so you're ready for changes in temperature and weather.
- Don't forget hats, sunglasses and sunscreen.
- Wear comfortable, supportive shoes appropriate for the activity.
- Make sure you have plenty of water, so you can stay hydrated.

POWER UP!

Moderate to vigorous intensity activity will bring more health benefits. Your heart will beat faster, you'll breathe harder than usual, and you may get a little sweaty. It's worth it!