

Some is better than none, more is better than some, and too much is hard to get.

MyActivity Pyramid

Be physically active 60 minutes, up to several hours every day.

Use these suggestions to help meet your goal:

Lifestyle Activities	Aerobic	Muscle and Bone Strengthening	Inactivity
As often as possible	Every day	3 times a week	Cut down
 Play outside Help with chores Take the stairs Pick up toys Walk 	 Dance Skateboard Tag Ride your bike Martial arts, like karate Sports Ice or field hockey Basketball Swimming Tennis Soccer These activities should be moderate to vigorous intensity, aiming for vigorous at least 3 days per week. 	 Tug-of-war Rope climb Playing on the monkey bars Sit-ups Push-ups Muscle-strengthening exercises help your bones get stronger so you can run and play.	Screen time (TV, computer, video games*) Sitting longer than 30 minutes Instead of watching sports on TV, go outside and play a sport! Video games that require physical activity may count toward your 60 minutes.

Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day.
- Walk, dance, bike, rollerblade it all counts. How great is that!

This publication reflects the 2018 Physical Activity Guidelines for Americans, chapter 3. Funded in part by USDA SNAP.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.



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N 386 Revised 9/25