

Get Up!

Get one hour or more of physical activity every day

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LET PHYSICAL ACTIVITY BE FREE AND FUN!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Make snow angels

DID YOU KNOW?

Moderate physical activity:

- Activities that make you breathe hard
- Examples: hiking, dancing
- Aim for one hour a day.

Vigorous physical activity:

- Activities that make you sweat
- Examples: running, aerobics, basketball
- Aim for 20 minutes a day.

PHYSICAL ACTIVITY

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible

MOVE FOR AN HOUR EVERY DAY

Encourage at least an hour of daily physical activity for kids **and** adults!

MAKE PHYSICAL ACTIVITY EASIER

- Make gradual changes to increase your physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer and keep them out of the bedroom.
 - Limit recreational computer time.
- Choose toys and games that promote physical activity.
 - Keep physical activity fun!

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

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Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.letsgo.org.