



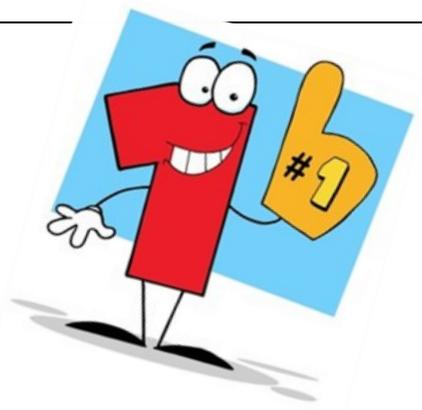
# 75210 Rules

## Move an hour Everyday

- Encourage at least an hour of daily physical activity...for kids and adults

## Let Physical Activity be Free & 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 & dance
- Jump rope
- Help Chop wood in Tamaya or take wood inside
- Help get water in Tamaya
- Shoot hoops
- Play shinny
- Play double ball



# Get one hour or more of physical activity everyday

## 75210 TIPS

- Make small changes to increase your physical activity
- Make physical activity a daily habit
- Track your physical activity using the 75210 log
- Turn off the TV & computer
- Limit recreational computer time
- Choose toys & games that promote physical activity
- Encourage physical activity
- Keep physical activity fun.

### Tips

## BE A ROLE MODEL OF PHYSICAL ACTIVITY

- Use a pedometer
- Take a family walk



## Did you know?



## Physical Activity...

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

