It is essential that kids your age get a minimum of 60 minutes of daily physical activity. Incorporating movement throughout the day is one way to make this happen. Try these suggestions:

**MOVE MORE, SIT LESS**
Limit screen time to less than two hours per day (playing video games, surfing internet, etc.)

**TAKE 5**
Use physical activity as a study break. For every 20 minutes of homework, take a five minute physical activity break.

**ENJOY THE OUTDOORS**
Go outside for a walk! Be sure to maintain personal space and stay safe!

**TIPS**
- Turn off the TV during mealtime and homework time.
- Click here to complete a physical activity resource offered by HealthMPowers.
- Create your own exercise routine! Include stretches, strength training, and cardio.

**ACTIVITY!**
Create a list of strategies showing creative ways to incorporate 60 minutes of Physical Activity into your daily routine. Make a brochure or flyer to share your strategies and highlight the importance of PA.

Be creative!
- When you are finished, upload your project to your teacher's digital learning site
- To encourage your peers to stay active, share on social media and tag @HealthMPowers

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