

# FITTING PHYSICAL ACTIVITY INTO OUR EVERYDAY LIVES



## WARM UP

### WHICH IS A PHYSICAL ACTIVITY?

- A. Vacuuming
- B. Carrying a heavy backpack
- C. Raking the leaves
- D. Playing on a jungle gym
- E. All of the above

Answer: E. All of the above

### How do I know if I'm being physically active?

1. Are you moving your muscles?
2. Is your heart rate increasing?
3. Are you sweating?

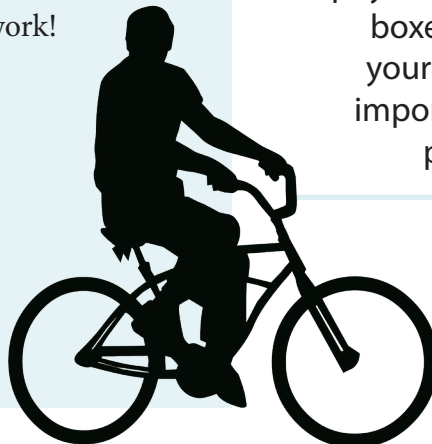
If you answered yes to any of the questions, then you chose an activity that helps you be physically active.



### IDEAS FOR FITTING IN PHYSICAL ACTIVITY:

1. Take the stairs instead of the elevator!
2. Park further away from the entrance to the grocery store and walk!
3. Go to the bathroom on a different floor of your building!
  4. Join a walking group and go on a walk for your coffee break!
5. Get off the bus one stop earlier and walk home or to work!

Physical activity isn't just going to the gym or being part of a sports team. Many activities that we do everyday can count as physical activity. Walking up stairs, packing boxes, pushing a stroller, and walking your dog are all physical activities. It is important that we get different kinds of physical activity to be healthy.



# TRY THESE ACTIVITIES WITH YOUR FAMILY

Lesson 2 Review: Your child is recommended to get at least 60 minutes of moderate-to-vigorous activity every day while you are recommended to get 150 minutes of moderate-to-vigorous activity each week (ex: 30 minutes for at least 5 days of the week).



Draw a picture of an activity you and your family like to do together