



Easy Tips to be More Active

(Check once you have tried each of the following activities):

- Record your child's (children's) activity for one week. Write in the number of minutes for each day spent doing each activity.
- Record your activity for one week.

Record Your Child's Activity for One Week:

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Take the stairs							
Walk to school/work							
Run/Bike							
Dance/Zumba/Aerobics							
Sports							
Other							
Total Activity Each Day							

Why should you be active?

- Regular activity can help:
 - Control your weight.
 - Improve mental health.
 - Reduce your risk for chronic health problems (examples: heart problems, type 2 diabetes, cancer).
 - Increase your chances of living longer.

Activity Weekly Schedule:

- Use the calendar to the right to keep track of your child's activity.
- Look for ways to be active as a family.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.