



Being physically active makes you strong, fast, and keeps your body trim. It gives your brain a boost. You will be a healthier kid and smarter, too! The best thing about physical activity is that it can be FUN! To be healthy, you just need to PLAY!



Explore new neighborhoods with your friends by roller blading or biking.



Play tag or hide and seek with friends.



In the winter, try moonlight ice-skating or cross-country skiing with your family.



Put up a basketball hoop at your house and have shooting contests.



Build a snow fort, snowman, or make snow angels!



Have a jump rope contest and chart your progress or learn to play Double Dutch with a couple of friends.



Have a snow sculpture contest with neighborhood friends.



Ask an adult to take you hiking in a state park or on a section of the Appalachian Trail.



Go sledding.



Take a walk with your favorite furry friends -- borrow a neighbor's if you don't have your own.



During the summer, ask an adult to take you to the beach or lake to go swimming.



Ride your bike next to your Mom or Dad while they jog.



Create a scavenger hunt in your backyard or nearby park.



Make up a dance with a friend and boogie for your family.

If you watch T.V. or use the computer for more than 2 hours a day, you could become overweight and unhealthy.



Turn It Off and Go PLAY!



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