Regular physical activity can help you feel better, sleep well and live longer. People of all ages, abilities, shapes and sizes can benefit from physical activity.

Every little bit of movement counts. Walk during work breaks, take the stairs or push mow the lawn.

ACTIVITY
Which of the following count as physical activity?

- 🔺
- ❌
- 🔺
- 🔺

Keep it interesting. Mix up different types of physical activity on different days like swimming, going for a hike or cleaning the house.

Get the whole family involved. Dance to music, work in the garden or go for a bike ride together.

Look in this pocket to find stories from families who made healthy changes!

Look in this pocket to find handouts and recipes!