

Habit #7

Balance what you eat with physical activity

Eating healthier foods is important, but I also learned that we need to be physically active. I learned that:

Kids need at least 60 minutes of physical activity every day or most days of the week.

Adults need to be physically active for at least 30 minutes most days of the week.

You may need more physical activity to lose weight or maintain your weight at a healthy level. If you have questions about what is right for you, go to www.mypyramid.gov.

Physical activity should be at least moderate-intensity like these activities:

- Walking briskly
- Gardening/yard work
- Dancing
- Bicycling



I like being more physically active because I feel better about myself. I also have more energy. I walk on most days, and it has helped me to handle my busy family. Walking is great for most people.

One of the secrets to health for our families is to balance how much we eat and how physically active we are. We need to use up what we take in. This means burning off some of the calories we take in.

Being physically active helps everyone in your family. Even if our families are busy, there are many ways for all of us to be active.

Try these:

- Walk or play together.
 - Walk in an area that is comfortable for you like in the neighborhood, at a park, or in the mall.
 - Walk to school with your kids.
 - Walk to the store when you need only a few things.
 - Play with your children – basketball, soccer, or chase each other in a game of tag.
- Check with your local community center for exercise programs, dance classes, or other activities.
- Join a church group that does physical activities.
- Take the stairs, not the elevator.
- Park as far away from stores as you can, so you will add walking steps to your day.
- If the weather is bad, we turn on the music and dance or march around the house. The kids love this. I love it too. It gets all of us moving and away from the television.

No matter what you choose to do, get moving. The more you move, the better you feel, and the healthier you will be.

