

GET MOVING!

Written by:

Alicia Vogel

1040 Mattlind Way

Milford, DE 19963

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

Physical Activity for Families



1. Set specific activity times.
2. Plan ahead and track your progress.
3. Use what is available.
4. Start small.
5. Turn off the TV.
6. Include other families.
7. Build new skills.
8. Plan for all weather conditions.
9. Include work around the house.
10. Treat your family with fun physical activity.

- Physical activity, or movement of the body, is important for children and adults of all ages.
- Being active can benefit everyone.
- Adults need 2 1/2 hours a week of physical activity, and children need 60 minutes a day.



Examples of Physical Activity

Aerobic activities: Running, walking, playing a sport

Muscle-strengthening activities: push-ups and weight-lifting

Bone-strengthening activities: jumping

Balance and stretching activities: gentle stretching, yoga, dancing, martial arts, and t'ai chi.



Being physically active can help to prevent:

- Heart disease
- Type 2 Diabetes
- High blood pressure
- High cholesterol
- Heart attack and stroke



Being physically active can help you:

- Increase your chances of living longer
- Sleep better
- Move around more easily
- Have stronger muscles and bones
- Stay or get to a healthy weight
- Enjoy yourself and have fun!



Approximate Calories Used (Burned) By A 154-Pound Man

<u>Moderate physical activity</u>	<u>In 1 hour</u>	<u>In 30 minutes</u>
Hiking	370	185
Dancing	330	165
Walking (3.5mph)	280	140
 <u>Vigorous physical activity</u>		
Jogging/running (5mph)	590	295
Walking(4.5mph)	460	230
Bicycling (more than 10mph)	590	295

Follow us!



@FoodBankofDE

Visit our website:

www.fbd.org

Physical activity and nutrition go hand-in hand to create a healthier life.

Being active increases the amount of calories burned. Age decreases our metabolism so maintaining an energy balance requires moving more and eating less.



This institution is an equal opportunity provider.