



# 60 A DAY!

Kids and teens ages 6 to 17 need **60 minutes** of physical activity every day.



Get your heart beating faster!



Make your muscles and bones stronger!

## Do what's fun for you.

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

I have basketball practice for an hour after school!



Kickball at recess, P.E., and a walk after dinner with my dog.



I ride my bike to the park to play soccer with my friends.



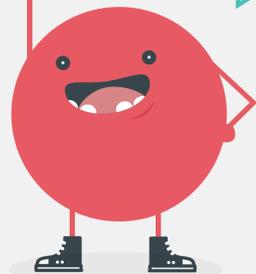
Yep, they all add up!

## Lots of things count as physical activity.

Try a mix of sports and other fun activities.



They all count!



## Getting 60 minutes will make you feel good.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!\*



\*It's true — physical activity can actually help you do better in school.

Walk. Run. Dance. Play. **What's your move?**

