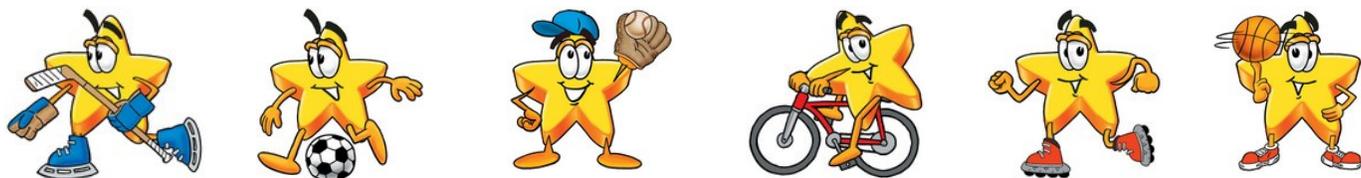


Being *Active* is good for your heart, your muscles and your bones.

Circle the activities you like to do:

	Aerobic Strengthening Activities 	Muscle Strengthening Activities 	Bone Strengthening Activities 
Ages 6-11	Bicycling Dancing Frisbee Hiking Jump rope Martial arts Miniature golf Non-competitive soccer Non-competitive baseball Skating, Skateboarding Walking to school	Climbing trees Playing on playground equipment Swinging on bars Tug-of-war Pull-ups Push-ups Using resistance bands	Basketball Gymnastics Hopscotch Jumping Rope Running Standing long jump Volleyball
Ages 11 & older	Aerobics Bicycling Team sports: baseball, softball, soccer, hockey, basketball, tennis, football Dancing Hiking Martial arts, Yoga Running Skating, Skateboarding Swimming Walking to school Yardwork	Pull-ups Push-ups Resistance exercises Hand-held weights Weight machines Swinging on bars	Basketball Gymnastics Jumping Rope Running Standing long jump Volleyball





Write down your activities



Be *Active* for 60 minutes every day

Week 1	Activities	
Sunday		☆
Monday		☆
Tuesday		☆
Wednesday		☆
Thursday		☆
Friday		☆
Saturday		☆

Week 2	Activities	
Sunday		☆
Monday		☆
Tuesday		☆
Wednesday		☆
Thursday		☆
Friday		☆
Saturday		☆

Week 3	Activities	
Sunday		☆
Monday		☆
Tuesday		☆
Wednesday		☆
Thursday		☆
Friday		☆
Saturday		☆

