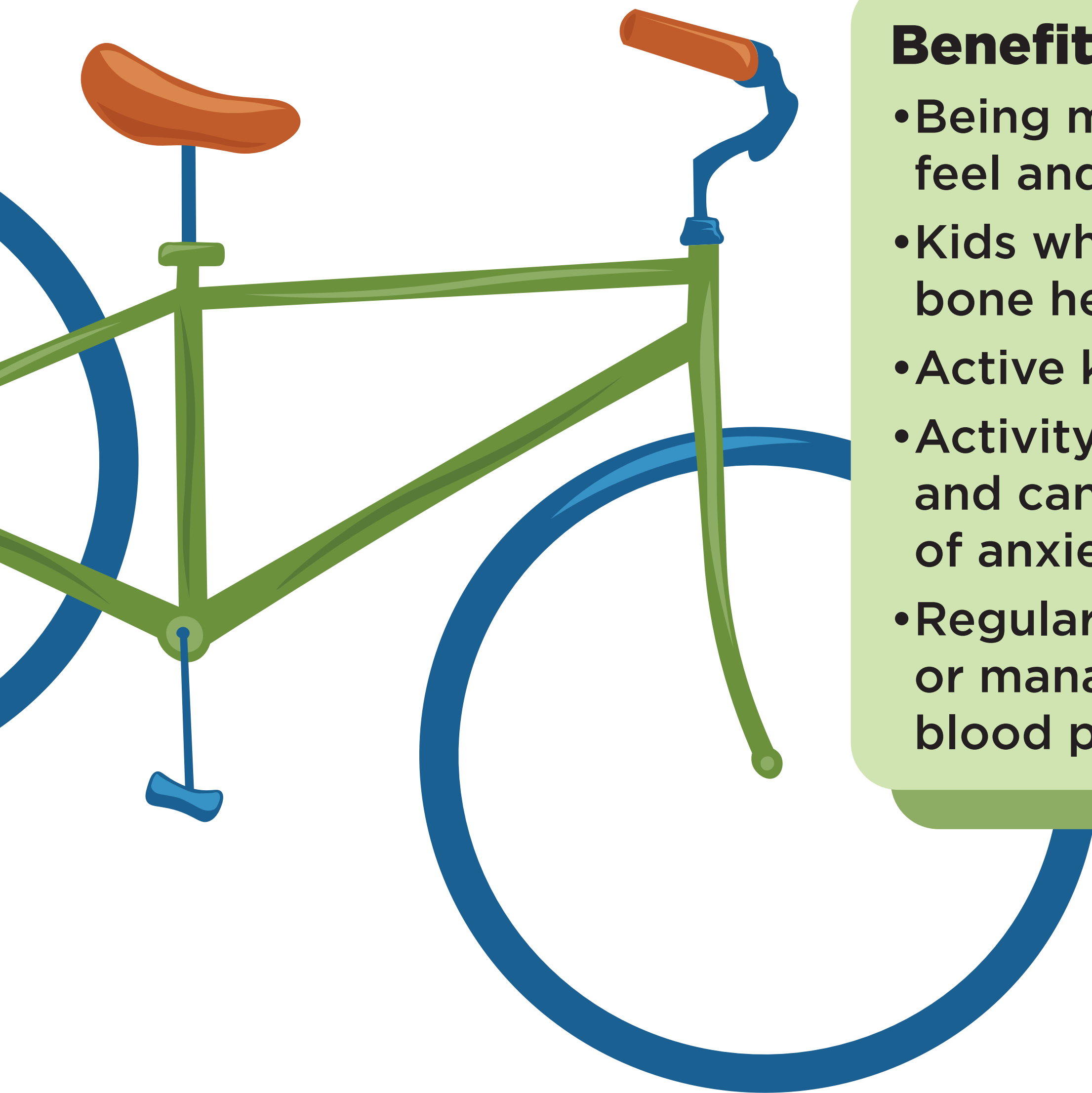


# BE AN ACTIVE FAMILY



**Benefits**

- Being more active helps you think, feel and sleep better.
- Kids who are active have better bone health and brain function.
- Active kids do better in school.
- Activity is good for mental health and can lead to fewer symptoms of anxiety or depression.
- Regular physical activity helps prevent or manage type 2 diabetes, obesity, high blood pressure and high cholesterol.



## The Physical Activity Guidelines for Americans recommend

### Adults

- 150+ minutes/week moderate activity or 75+ minutes of vigorous activity
- Even more benefit with 300+ minutes/week

### Kids and teens (6-17)

- 60+ minutes/day moderate to vigorous activity

### Young children (3-5)

- Active play throughout the day
- Aim for 3 hours/day of a combination of light, moderate and vigorous activities.

## Light vs. moderate vs. vigorous activity

### Light

*Daily activities that don't increase heart rate or breathing rate much above resting*

- Easy walking
- Light household chores
- Tossing a ball
- Cooking
- Stretching

### Moderate

*Heart rate and breathing are a bit higher, but you can still have a conversation.*

- Brisk walking
- Water aerobics
- Gardening
- Dancing
- Biking at an easy pace
- Skateboarding

### Vigorous

*It is difficult to talk without getting out of breath.*

- Hiking uphill
- Running
- Heavy yardwork
- Biking at a fast pace
- Jumping rope
- Competitive sports

**If 30 or 60 minutes seem like a lot, start with just 10 minutes!**



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Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**. Need help stretching your food dollars? Contact your local resource center or go online to: [mydss.mo.gov/food-assistance](https://mydss.mo.gov/food-assistance)