

Fun Ways to Stay Fit!

Try these fun activities to stay active:

- Ride a bike
- Walk to school
- Play at the park
- Skateboard with a friend
- Jump rope
- Walk the dog
- Play ball
- Play Frisbee
- Go swimming
- Dance with your friends
- Play tag



HealthiestWeight



Learn more at:
www.5210Jax.org

This brochure is adapted from Let's Go! Materials.

www.letsgo.org

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One hour or more of
physical activity every day!



The Healthiest Way to Go!

Jacksonville

Did you Know?

Physical activity...

- is important for healthy growth and development in children.
- helps maintain a healthy weight.
- builds strength, flexibility, endurance, and develops motor skills.
- enhances academic performance.
- improves heart health.
- makes you smarter.
- helps decrease stress, improves sleep, and increases energy.



Healthy Tips!

- Encourage at least 1 hour of daily physical activity.
- Develop goals for increasing family physical activity. Take gradual steps to achieve your physical activity goals.
- Keep physical activity fun.
- Choose active games and toys for your children.
- Incorporate physical activity into your family time.
- Make a list of outdoor or family activities that your kids want to do and use those activities as rewards.
- Limit screen time to 2 hours or less.



Be Active and Be Safe!

Look and Listen

- Always pay attention when being active in public places.
- Look all ways when crossing streets.
- Use your eyes and ears to watch and listen for moving vehicles.
- Use sidewalks and crosswalks whenever you can.

See and Be Seen

- Wear bright, white, or light-colored clothing.
- Watch for cars pulling out of driveways and alleys.
- Walk facing traffic.
- At traffic lights, wait for the "WALK" signal to light up.