



TAKE STEPS TO A HEALTHY YOU



MyPyramid tells us to be active to be healthy. When you are active your bones, your muscles and your heart stay strong. It is a good way to keep a healthy body weight. It can help you sleep at night.

Talk to your health care professional before doing any new activity.

How active you need to be each day depends on your age:

- Children need about 60 minutes each day to stay healthy.
- Adults need about 30 minutes most days to stay healthy.
- Adults need about 60-90 minutes most days to lose weight.



Keep your heart healthy:

- Walk at a steady pace to raise your heart rate. Walk with friends or with a dog.
- Play games and sports to have fun with family and friends.
- Dance with friends to music in your house or outside.
- Take the stairs and not the elevator.

Make your body strong:

- Lift small objects in each hand like cans of food.
- Carry small children or push a stroller.
- Mow the lawn or work in a garden.



Move with more ease and keep your body flexible:

- Stretch to keep your muscles working better.

BEING ACTIVE IS A FUN AND FREE WAY TO STAY HEALTHY.



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