



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.

FK=3.5; 5/11/09



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station