



## 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.**

**RUTGERS**  
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NJ Supplemental Nutrition Assistance  
Program-Education Support Network  
**SNAP - Ed**  
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