

Be Active! Be Healthy! It's Fun and Free!

Being active is a good way to keep your body healthy.



Be active each day:

- 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 take your dog for a walk.
- Play games and sports with family and friends to have fun.
- 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.

Keep your body flexible:

- Stretch to keep your muscles working better.

**Talk to your health care provider
before doing any new activity.**

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NJ SNAP - Ed
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