

1

HOUR OR MORE OF PHYSICAL ACTIVITY

Physical activity is fun and good for your body! The more you move, the stronger your muscles, bones, and brain will be!



Fun Fall Activities

- ◇ Visit a corn maze or go apple or pumpkin picking
- ◇ Rake leaves
- ◇ Hike or take a nature walk
- ◇ Play catch or sports like soccer, field hockey, or football
- ◇ Ride bikes

As the weather gets colder, remember to bundle up and explore other seasonal activities like skiing, sledding, or ice skating. Explore indoor options such as bowling, swimming, or trampoline parks.

What counts as physical activity?

- Dancing
- Sports
- Walking
- Biking
- Playing at the park
- Karate
- Shooting hoops
- Swimming
- Jumping rope
- Active video games
- Running
- Recess or gym class

Anything that moves your body!

Notes: _____

1

HOUR OR MORE OF PHYSICAL ACTIVITY

Physical activity helps keep your immune system strong, which will prevent you from getting sick!

Use the boxes to find out how active you are. Plan to **move more** each week!

Reach 60 minutes a day!

- Stretch or do jumping jacks in the morning
- Walk to/from school or the bus stop
- Recess or gym class
- Sports practice
- Be active before homework
- Ride your bike or walk after dinner
- Walk or play with a pet
- Climb stairs
- Split it up – 30 minutes at recess + 30 minutes before homework = 60 minutes!

Notes:



Week 1	Activity Name	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		

Week 2	Activity Name	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		

Week 3	Activity Name	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		



Week 4	Activity Name	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		





HOUR OR MORE OF PHYSICAL ACTIVITY

**Physical activity is good for your
body and mind.**



Have Fun, Be Safe!

- Remember to drink water before, during, and after exercise.
- Wear light colored or reflective clothing in the early morning or evening.
- Let an adult know where you will be playing.
- Wear the appropriate gear for the activity. For example, a helmet when riding a bike or warm clothes in winter.

Did You Know?

Physical activity or exercise can:

- Help you sleep better
- Strengthen your bones
- Make you flexible
- Help you keep a healthy weight
- Build strong muscles
- Make your heart and lungs happy
- Help you concentrate
- Give you energy
- Relax you
- Make you feel happy
- Help you feel confident

Notes: _____
