You know how sometimes it's really, really hard to sit still?

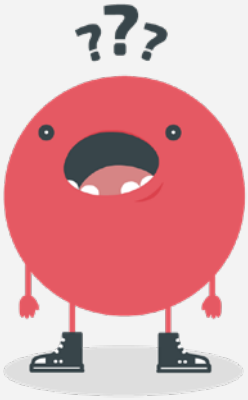
When you're young, your body **wants** to move — naturally! (Adults, not so much.)

So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

* It's true — physical activity can actually help you do better in school.

How much activity do I need?



If you're between age 6 and 17, you need at least **60 minutes** of activity each and every day.

So, what kind of activity do I need?

Get a mix of activity. Do things that:

Strengthen your bones

Build your muscles

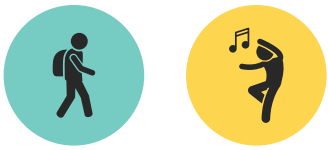
Make your heart beat faster

Um, strengthen my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

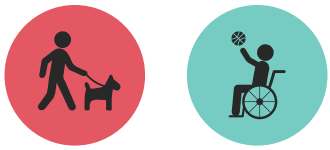
60 minutes all at once? I'm pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school
Walk to school or the bus stop!
Dance around the living room!

At recess
Play with your friends!
Swing on the monkey bars!



After school
Walk your dog!
Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What's your move?