



60 A DAY!

Kids and teens ages 6 to 17 need **60 minutes** of physical activity every day.

- Get your heart beating faster!
- Make your muscles and bones stronger!

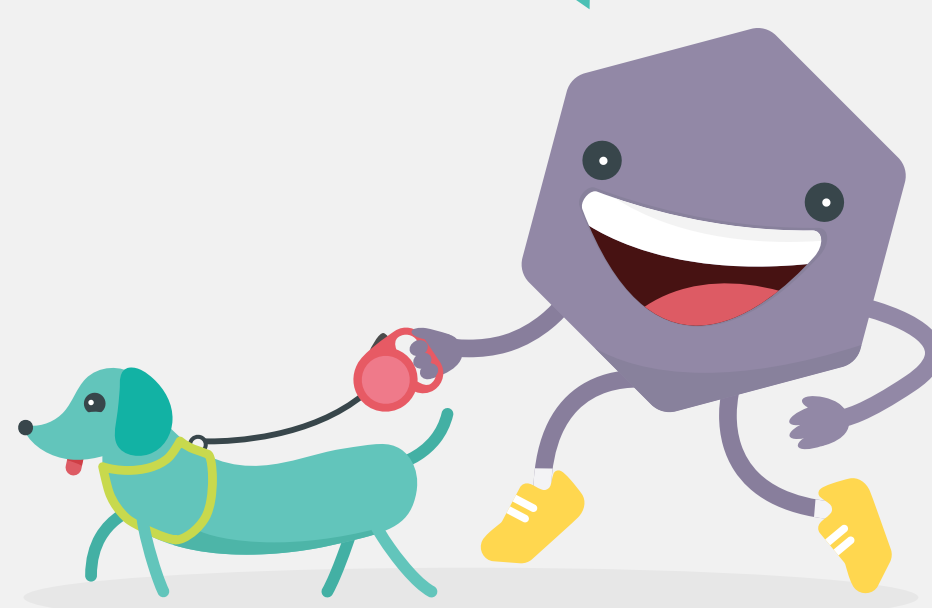
Do what's fun for you.

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

I have basketball practice for an hour after school!



Kickball at recess, P.E., and a walk after dinner with my dog.



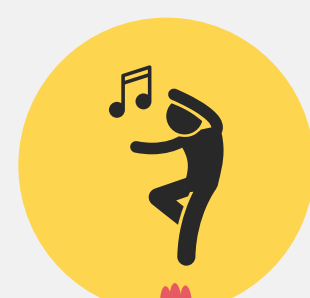
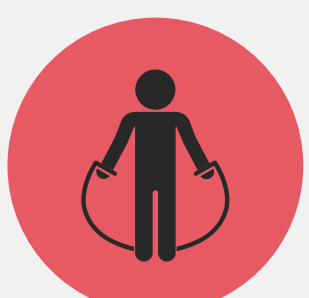
I ride my bike to the park to play soccer with my friends.



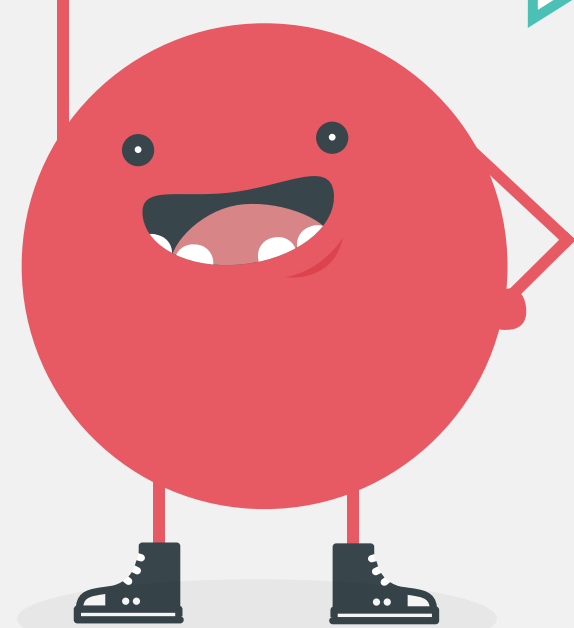
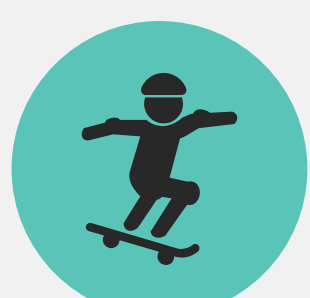
Yep, they all add up!

Physical activity isn't just sports.

Lots of things count as part of your 60 minutes.



They all count!



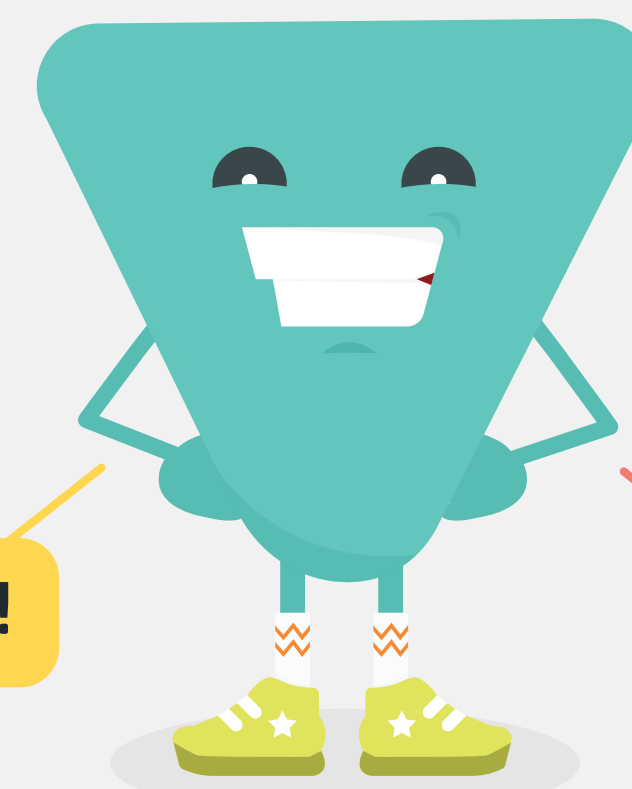
Getting 60 minutes will make you feel good.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!*



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

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

