Enjoy Moving

Be physically active every day*

Less — Sitting Around

Enough — Stretching and Building Your Muscles

More — Making Your Heart Work Harder

Plenty — Moving Whenever You Can

* Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

MyPyramid for Kids
Eat Right. Exercise. Have Fun.
MyPyramid.gov

TEAM NUTRITION USDA
teamnutrition.usda.gov

USDA
U.S. Department of Agriculture
Food and Nutrition Service
May 2007
FNS 403

USDA is an equal opportunity provider and employer.

Enjoy Moving

Be physically active every day

Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Do Plenty

Moving Whenever You Can

- Walking the dog
- Sweeping
- Taking the stairs instead of the elevator
- Playing outside
- Vacuuming
- Dusting
- Riding a bike
- Throwing a ball

Do More

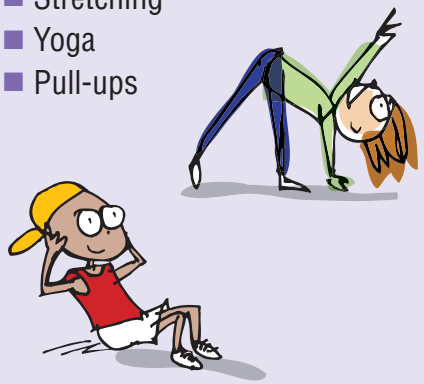
Making Your Heart Work Harder

- Playing baseball or softball
- Playing soccer
- Jumping rope
- Skateboarding
- Gardening/Yard work
- Running/Jogging
- Playing basketball
- Swimming
- Hiking
- Playing tennis
- Dancing
- Skipping

Do Enough

Stretching and Building Your Muscles

- Sit-ups
- Push-ups
- Martial arts
- Lifting free weights or strength training
- Stretching
- Yoga
- Pull-ups



Do Less

Sitting Around

- Playing on the computer
- Watching television
- Playing electronic games
- Talking on the phone
- Sitting still for hours

Find your balance between eating and physical activity.

Eating smart choices from every food group and being physically active work together for a healthier you!

For more information go to: **MyPyramid.gov** and **teamnutrition.usda.gov**.

MyPyramid for Kids — Eat Right. Exercise Have Fun. MyPyramid.gov

TEAM NUTRITION • USDA — teamnutrition.usda.gov

USDA