



Move More!



At least 1 hour of physical activity every day



Supports better health:

Reduces the risks of heart disease, stroke, high blood pressure, type II diabetes, osteoporosis, and certain types of cancer.



Helps you feel better:

Improves mental health, self-esteem, well-being, and confidence. Reduces stress. Improves concentration and productivity.



Helps with growth and development:

Strengthens muscles and bones. Improves and maintains mobility and reduces risk of injury. Improves motor skills development.

Tips to keep you moving

- Keep physical activity fun.
- Be active with your friends and family.
- Choose toys and games that promote physical activity (ex: balls, hula hoops, jump rope, etc.).
- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity in your daily routine.
- Limit recreational screen time.
- Take the stairs.

Free and Fun Activities

- Take a walk with your family
- Play with your pet
- Ride a bike
- Go on a nature hike
- Turn on music and dance
- Play tag
- Jump rope
- Play your favorite sport
- Make snow angels

