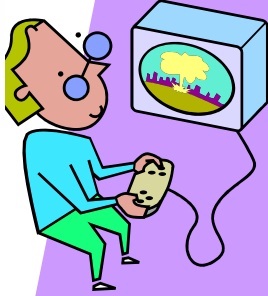


Cut Down On



- Video and Computer Games
- Watching Television
- Talking on the telephone
- Any activity that requires sitting more than 30 minutes at a time.



Leisure & Playtime

2-3 Times a Week

Strength & Flexibility



- Basketball
- Light Walking
- Roller blading
- Jumping rope

- Push ups
- Sit ups
- Light resistance using bands or small weights



Recreational Activities

3-5 Times a Week

Aerobic Exercises
(at least 20 minutes)



- Kickball
- Relay races
- Jumping Rope



- Basketball
- Soccer
- Swimming
- Baseball



Everyday



- Take steps instead of elevator
- Walk instead of getting a ride
- Play outside
- Mowing the lawn

