

PHYSICAL ACTIVITY CHART

POST THIS SHEET ON THE FRIDGE AT HOME!

Each time you do an activity, take a sticker and put it in one of the squares. See how quickly you can fill up the sheet. Check to see if you are doing activities that will tune up your body all over.

When you have filled up one sheet, you could make another one. When you run out of stickers, just draw what you did

Have the family check out your progress. You can do it! You know you can!



Strength activities are those that make you use your muscles - activities like carrying things, pushing and climbing.

Endurance activities help you work your heart and lungs - activities like running, jumping, hopping and skipping.

Flexibility activities help your body to move easily - activities like bending, stretching, reaching, and climbing.

- Make sure you are bending and stretching every day.
- Run, jump, skip or walk fast lots of times each day.
- Carry things that are a little bit heavy, do pull-ups and push or pull things to make you strong.

Keep moving to be healthy!

For more information:

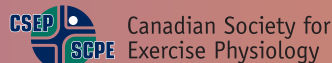
Call 1-888-334-9769 or visit the website at www.healthcanada.ca/paguide.

I Spy...

- Can you count all the activities on this page that would make your heart and lungs work hard and make you hot?
- Can you count all the pictures where people are bending, stretching or twisting?
- Can you find some activities where people are using their muscles?



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