



Eat right. Be active. Get healthy.

LET'S GO! TAKES 5-2-1-0 TO SCHOOL

Fit Physical Activity into Your Schedule Everyday



Encourage a "1 hour" rule for physical activity— i.e. kids and adults should be active for at least one hour everyday

- If you can, walk or bike to your destination rather than drive
- Take the stairs whenever possible
- Park at the end of the parking lot



- Encourage play before or after meal times
- Play with the kids
- Get the whole family involved in an activity

- Add small bursts of physical activity to your day to build yourself up to getting one hour of activity

- Play outdoors with your pet
- Take your pet for a longer walk



Tips to Make it Easier:

1. Make gradual changes to increase your level of physical activity
2. Incorporate physical activity into your daily routines
3. Try tracking your level of physical activity using a pedometer
4. Keep physical activity fun!!!

For more information, visit www.letsgo.org

The Barbara Bush
Children's Hospital
At Maine Medical Center

