You know how sometimes it's really, really hard to sit still?

When you’re young, your body wants to move — naturally! (Adults, not so much.)

So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

- SUCH ENERGY!
- SO SELF-CONFIDENT!
- VERY RELAXED!
- AMAZING GRADES!*  

How much activity do I need?

If you’re between age 6 and 17, you need at least 60 minutes of activity each and every day.

* It's true — physical activity can actually help you do better in school.
So, what kind of activity do I need?

Get a mix of activity. Do things that:

- Strengthen your bones
- Build your muscles
- Make your heart beat faster

**Um, strengthen my bones?**

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

60 minutes all at once? I’m pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!

**Before school**
- Walk to school or the bus stop!
- Dance around the living room!

**At recess**
- Play tag with your friends!
- Swing on the monkey bars!

**After school**
- Walk your dog!
- Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What’s your move?