

**Eating Smart & Moving More  
Celebrating Healthy Families**

## **Moving More**

# **Five Easy Ways to Enjoy Fitness at All Ages**

Full-body fitness develops when you enjoy a variety of activities. By fitting all five parts of fitness in every week, you'll pump up your energy level and feel great too!

### **Enjoy AEROBIC activities.**

These activities get your heart pumping – and make you sweat a little. You can walk, run, bike, dance, hike, ski, skate, play ball, swim laps, use an elliptical machine, ride an indoor bike, play a game of Folf (Frisbee® golf). They're all good for your body, brain and stress-level. Be active for 10 minutes at a time, for a total of 30 minutes daily.

### **Enjoy STRENGTH activities.**

Strong muscles are a huge health benefit for every body. It's never too late to build them up! Children can strengthen their muscles with everyday play, like climbing and swinging. Adults can lift weights (2 to 10 pounds) – or do lunges and squats. Aim for some strength building activity 2 to 3 times per week.

### **Enjoy BALANCE activities.**

Balance is especially important for younger and older people. Good balance prevents injuries from falling and promotes brain development and function. Dance, tai-chi and biking are all great for balance. Stand on one leg (hold onto a chair if needed) or walk along a straight line for your daily balancing acts.

### **Enjoy FLEXIBILITY activities.**

Enhancing flexibility helps reduce stress, fatigue and muscle tension, while improving circulation and mental alertness. Pilates and yoga are excellent ways to increase your flexibility. Gentle, regular stretching can also make a real difference. Add 5 to 10 minutes of simple stretches throughout your day.

### **Enjoy FUN activities.**

Fun is an essential aspect of all fitness activities – because, over the long haul, you'll only stick to the ones that you really enjoy. Looking for easy ways to add some fun to your fitness routine? Add some music. Add friends or family members. Add a dog. Add a bounce to your step. Add a smile to your face.



National Nutrition Month® - March 2008

Adapted by the NC NET Program from Eat Right Montana materials