



Hey guys!

It's time to make your own action plan! It's easy! Just fill in the blanks below. If you need ideas, check out the back of this page for some cool ideas.

Cut Down On



1 _____

2 _____



Sitting Around



2-3 Times a Week

1 _____

2 _____



Strength and Stretching Activities



3-5 Times a Week

1 _____

2 _____



Activities that Make Your Heart Go



Everyday

1 _____

2 _____



Everyday Activities

CUT DOWN ON



- T.V. watching
- Video and computer games
- Sitting more than 30 minutes at a time

2-3 TIMES A WEEK

Leisure & Playtime



- Swinging
- Canoeing
- Tumbling
- Miniature golf

Strength & Flexibility



- Push-ups/pull-ups
- Martial arts
- Dancing
- Rope climbing

3-5 TIMES A WEEK

Aerobic Exercises (at least 20 minutes)



- Roller blading
- Biking
- Skateboarding
- Rope climbing
- Swimming
- Running



Recreational activities (at least 20 minutes)



- Volleyball
- Basketball
- Soccer
- Skiing
- Kickball
- Relay races

EVERYDAY

(as often as possible)



- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard
- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk



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