

Physical Activity Break!

| | Moderate Activity | Vigorous Activity |
|-------------------|--|--|
| Types of Activity | Walking briskly, biking on flat ground, line dancing, gardening. | Jumping rope, basketball, soccer, swimming laps, aerobic dance. |
| Amount | If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week. | If you choose activities at a vigorous level do at least 1 hour and 15 minutes a week. |

Let's try a physical activity together!

2 minutes of walking in place.