



United States Department of Agriculture

# Move More. Sit Less. Get at Least 60 Minutes of Physical Activity Every Day!



**GO SWIMMING**  
at your local  
community pool



**RIDE YOUR  
BIKE**

**HAVE A  
DANCE PARTY**



**KEEP THE  
HOOP MOVING**



**MAKE UP  
YOUR OWN  
way to exercise  
and have fun!**



**PLAY  
CATCH**



**HAVE A  
RELAY RACE**



**SUMMER  
FOOD  
SUMMER  
MOVES**