5, 4, 3, 2, 1, 0...Brenner *FIT* - Families In Training



Get at least 1 hour of physical activity every day

Physical activity can be anything that gets you up and moving! Walking, push-ups or sit-ups, stretching, and active games are all types of physical activity.

Daily physical activity not only helps us control our weight, but strengthens our bones and heart and can improve our mood. It can help to prevent many diseases such as heart disease, diabetes, and some cancers.

You don't have to do a whole hour at one time- It all adds up!

Have a goal of at least 30 minutes of active play-time or organized physical activity.

The other 30 minutes can be taken as FIT Breaks.

What is a FIT BREAK?

- A short burst of activity, lasting 5-10 minutes. You can fit these in three to four times a
 day.
- Short bursts of physical activity keeps your body using energy throughout the day and helps maintain a healthy weight.

Some examples:

- During TV commercials, do jumping jacks, push-ups or sit-ups, stretch, run up the stairs, or lift hand weights.
- Take the stairs instead of the elevator.
- Park further away and walk to work or to the store.
- Turn up the music and dance with friends and family.
- Play an active game of Simon-Says, Red Light, Green Light, hopscotch, or jump rope.