

# be active – play hard!

## VIGOROUS ACTIVITIES

As much as possible!



- Play team sports
- Go for a run
- Ride a bike
- Rollerblade or skate board
- Swim laps
- Practice martial arts
- Jump rope



AT LEAST  
**60**  
MINUTES  
PER DAY

## MODERATE ACTIVITIES

As often as you can!



- Shoot baskets
- Bump a volleyball
- Kick a soccer ball
- Take a hike
- Play catch
- Do garden or yard work
- Hit a tennis ball
- Invent dance moves

## SEDENTARY ACTIVITIES

Cut back and limit!

- Watch TV
- Video Games
- Computer time



For more information about the CATCH Program:  
phone: 800.793.7900 or [www.CATCHinfo.org](http://www.CATCHinfo.org)

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