Healthy Choices
Family Exercise without Equipment
pennstatehershey.org/PROwellness
Recommended Amount of Exercise

**Adults**

Physical activity: 30 minutes a day, 5 days a week including:

- [ ] **Aerobic activity:** ≥ 2 days a week
- [ ] **Muscle training:** ≥ 2 days a week

**Children**

Physical activity: 60 minutes a day, 7 days a week including:

- [ ] **Aerobic activity:** ≥ 3 days a week
- [ ] **Muscle training:** ≥ 3 days a week
- [ ] **Bone Strengthening:** ≥ 3 days a week

**Easy Muscle Strengthening at Home**

- Toe lift
- Half squat
- Superman
- Sit-ups
- Push-ups
- Bicep curls
- Overhead press

*Video instructions at:*
http://www.cdc.gov/physicalactivity/basics/videos/index.htm

**Fun Activities for the Family**

- Ride a bicycle
- Play basketball, or other games/sports
- Walk the dog
- Go on a hike
- Post-dinner walk
- Start a garden

**Family Exercise without Equipment**