

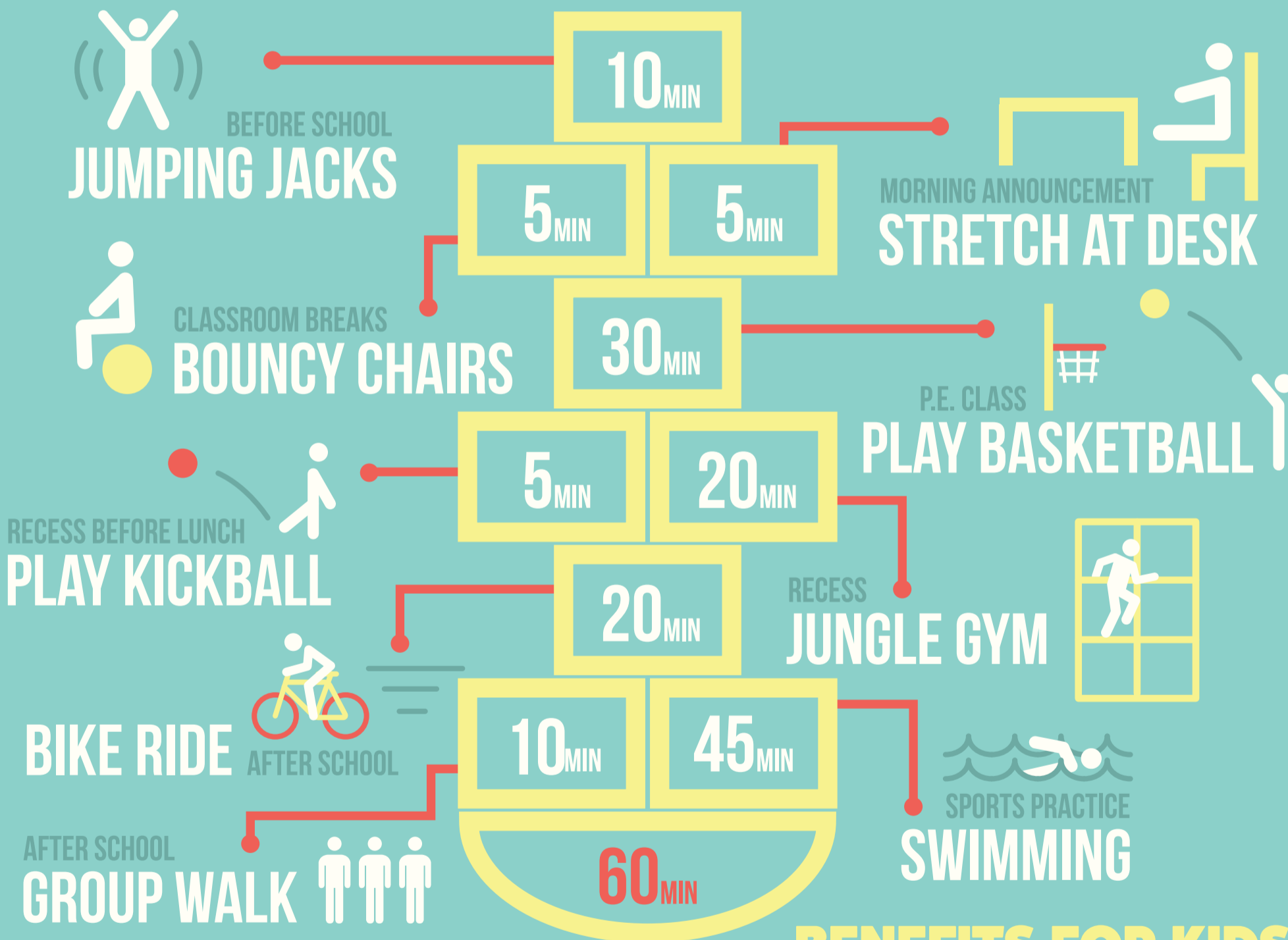
# HOW DO

# YOU 60?

## GET YOUR

60 MINS A DAY IS THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY FOR KIDS

### WHAT ACTIVITIES WILL YOU CHOOSE TO GET YOUR 60?



### BENEFITS FOR KIDS

BE SURE YOU GET YOUR 60 MINUTES EACH DAY!

 BUILDING RELATIONSHIPS	 FEEL BETTER	 IMPROVE GRADES
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\* <http://www.letsmove.gov>

\*\* The Robert Wood Johnson Foundation

\*\*\*\* [http://www.cdc.gov/healthyouth/npao/pdf/LWP\\_Recess\\_Brief\\_2012\\_13.pdf](http://www.cdc.gov/healthyouth/npao/pdf/LWP_Recess_Brief_2012_13.pdf)

\*\*\*\*\* <http://pediatrics.aappublications.org/content/131/1/>