HOW DO YOU GET YOUR 60?

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

WHAT ACTIVITIES WILL YOU CHOOSE TO GET YOUR 60?

BEFORE SCHOOL
JUMPING JACKS

CLASSROOM BREAKS
BOUNCY CHAIRS

RECESS BEFORE LUNCH
PLAY KICKBALL

AFTER SCHOOL
BIKE RIDE

AFTER SCHOOL
GROUP WALK

MORNING ANNOUNCEMENT
STRETCH AT DESK

P.E. CLASS
PLAY BASKETBALL

RECESS
JUNGLE GYM

SPORTS PRACTICE
SWIMMING

60MIN

BENEFITS FOR KIDS

BE SURE YOU GET YOUR 60 MINUTES EACH DAY!

BUILDING RELATIONSHIPS

FEEL BETTER

IMPROVE GRADES

Funding was provided by the Pennsylvania Department of Health through the “State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health” federal grant and “Preventive Health and Health Services Block Grant” from the Centers for Disease Control and Prevention. This content is solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.