

## **Create a healthier you!**

Choose one activity from the list of moderate activities below and get started for a healthier you! Get a pencil and write your answer below.

My goal is to \_\_\_\_\_ for at least  
(write one favorite activity here)

\_\_\_\_\_ minutes \_\_\_\_\_ times each week.  
(minutes per day) (number of times)

### **Moderate level of activity**

Here's a good place to start. Moderate activities such as walking and climbing stairs for 10 minutes, three times a day can improve your health. Pick a few things to try from the list below.

### **Moderate Activities**

Walking, gardening, dancing, vacuuming, raking leaves, climbing stairs, bowling

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