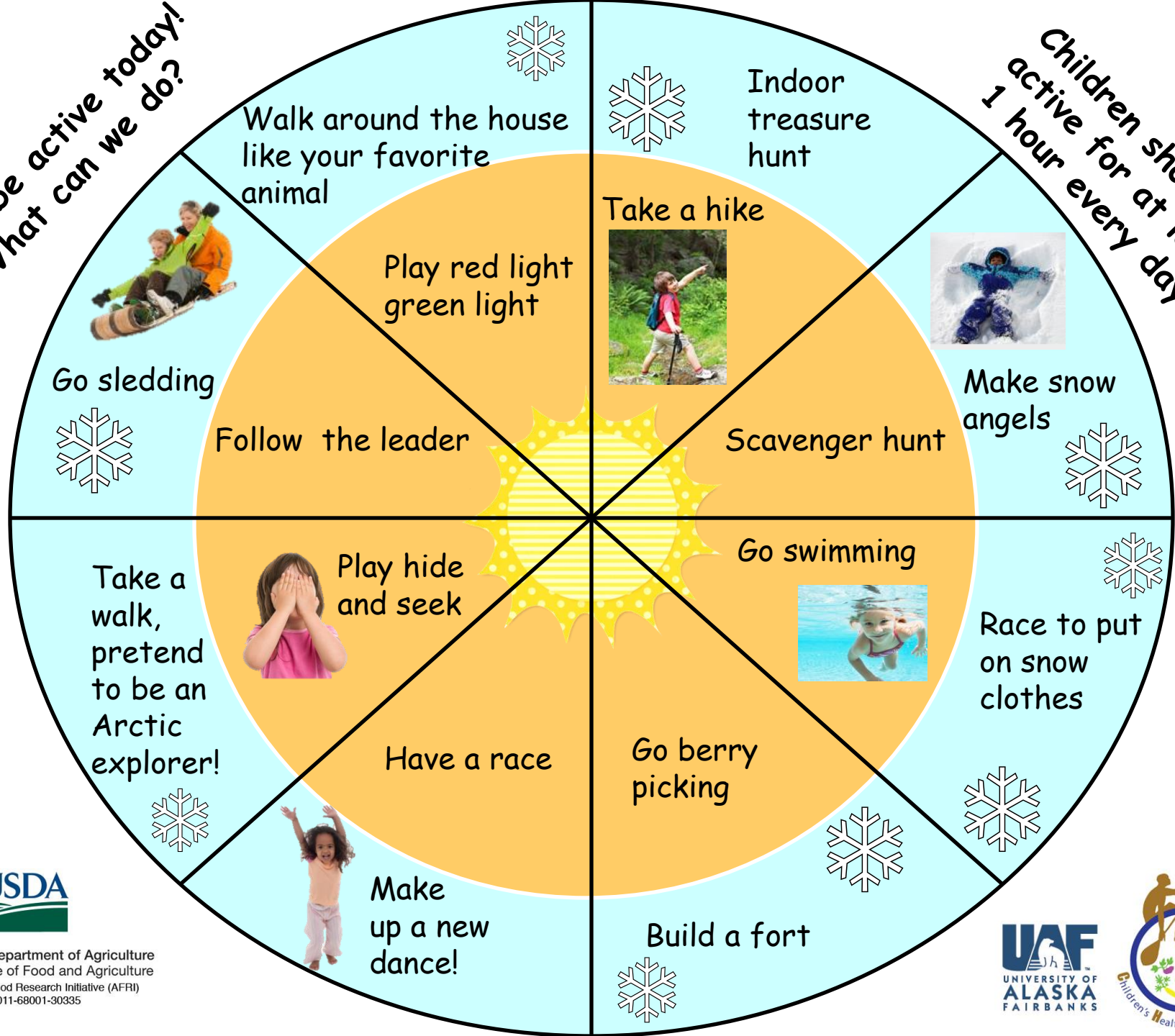


Let's be active today!
What can we do?

Children should be active for at least 1 hour every day.



United States Department of Agriculture
National Institute of Food and Agriculture
Agriculture and Food Research Initiative (AFRI)
No. 2011-68001-30335



Physical Activity Information & Tips

Type of Physical Activity	Description	Examples
Aerobic	Makes you breathe harder and your heart beat faster.	Walking, hiking, skating, skiing, running, biking
Muscle-strengthening	Makes your muscles stronger.	Push-ups, sit-ups, lifting weights, tree climbing
Bone-strengthening	Makes your bones stronger, promotes bone growth	Hopping, skipping, jumping, running
Balance & stretching	Enhance physical stability and flexibility, reduces risk of injuries.	Dancing, yoga, martial arts

For more information about CHL, visit:



www.CHL-Pacific.org

Contact information:

University of Alaska Fairbanks
Center for Alaska Native Health Research
Dr. Andrea Bersamin, Principal Investigator
abersamin@alaska.edu | 907.474.6129

Julianne Power, Project Manager
jpower4@alaska.edu | 907.474.6458

For ideas on how to stay physically active in Fairbanks, visit:



www.fairbanksfamilies.com/family-fun.html

Why is Physical Activity important?

1. LIVE LONGER

3. Sleep better

5. Have stronger muscles and bones

7. SPEND TIME WITH FRIENDS

2. FEEL BETTER

4. Move more easily

6. Be a healthy weight

8. Have fun!