

MOVING YOUR BODY

Moving by body helps me stay healthy.



I should move my body at least 150 minutes each week. That is 2 hours and 30 minutes.



There are many ways I can move by body.



I can play sports like basketball, baseball, football, or golf.



I can go for a walk in my neighborhood, local park, mall, or store.



I can do exercise videos at home.



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I can help around my house by doing chores or helping in the yard.



I can stretch my body by doing yoga.



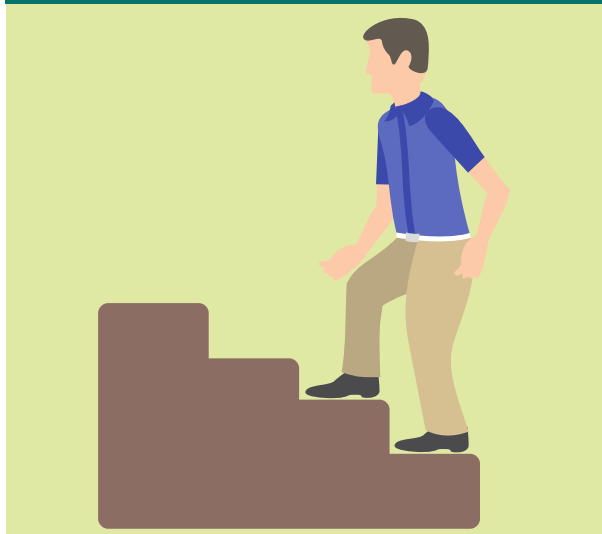
I can have a dance party with friends.



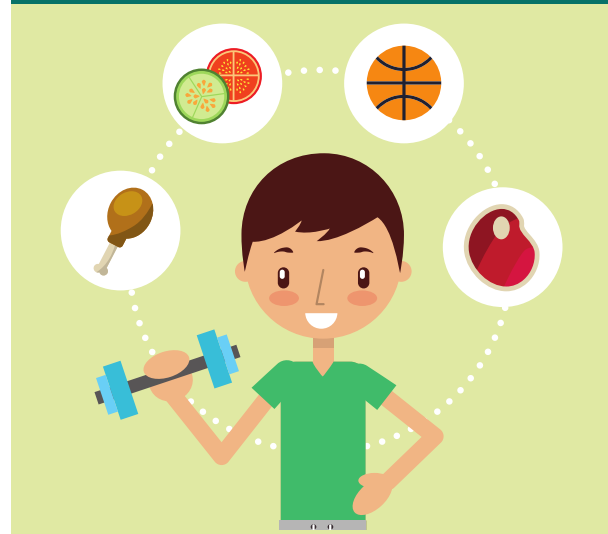
I can play active video games.



I can take the stairs instead of using the elevator.



There are lots of fun and easy ways I can move my body to stay healthy!



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