

PHYSICAL ACTIVITY

Physical activity is when I move my body.



Physical activity is when I do things that make my heart beat faster and my muscles work harder.



Physical activity helps me stay healthy.



Physical activity can help my mind and body feel better.



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



I can move my body a little bit every day to get 150 minutes for the whole week.



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DEPARTMENT OF HUMAN SERVICES
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