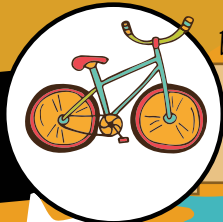


There are so many ways to be active. Below are just a few of the activities people participate in to stay active every day! Refer to the Activity Pyramid for more ideas. Find some activities or sports you love to help keep you moving, and you will stay on the path to a healthy lifestyle.



Activity Challenge

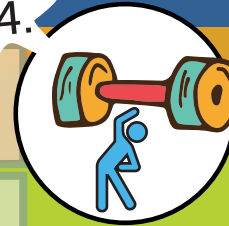
GET ACTIVE!



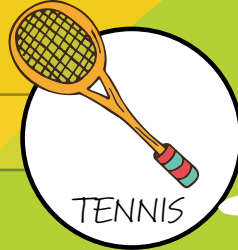
BIKING

1.

4.



STRENGTH TRAINING
or YOGA



TENNIS

2.

3.



SWIMMING

6.



BASEBALL or
VOLLEYBALL

5.



WALKING
or HIKING



7.



GOLF or BOWLING

8.



RUNNING

YOU DID IT!

