

# May is:



Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer.

For a full toolkit, visit: <https://healthfinder.gov/NHO/MayToolkit.aspx>

Simply walking can help adults get their 2.5 hours of aerobic activity per week. You can even walk with your kids! For more info:

[https://www.cdc.gov/VitalSigns/Walking/?s\\_cid=ecard\\_233690D\\_04](https://www.cdc.gov/VitalSigns/Walking/?s_cid=ecard_233690D_04)

Children should get 60 minutes per day of activity, so they need to be active in school too. Check with the school to see if there are opportunities daily for kids to engage in some physical activity (recess, gym class, etc.) Remember that even 10 minutes of activity done a few times each day adds up!



For more info & challenges, check out: <http://www.actionforhealthykids.org/game-on/find-challenges/gymnasium-challenges/1239-celebrate-national-physical-fitness-a-sports-month>