

# SIT LESS - MOVE MORE!

**Kids are spending too much time sitting**

- Screen Time
- Sitting in Classroom
- Commute
- Meals



Let's get kids moving! Kids need at least

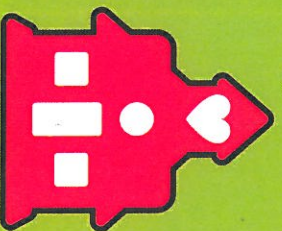
## 60 minutes

of structured physical activity per day

Outdoor play
Dog walking
Biking
Jumping rope
Gardening
Snow activities
Swimming



# Heart Healthy Schools



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