



# Let's Go! Move More



Getting 1 hour or more of physical activity every day may seem challenging. The idea is to move more. Let's break it down to understand how to successfully achieve that goal.

### Break up the 1 hour throughout the day with different activities.

- Short blocks of time spent doing different types of activities throughout the day can make it easier to get to one hour.

### Movement intensity should be a mix of vigorous, moderate, and light.

- **Vigorous:** Being able to say a few words while moving and getting sweaty
- **Moderate:** Being able to talk during movement
- **Light:** Be able to talk, and even sing during activity

### Movement can be done anywhere!

- Inside, outside, as part of a group, or individually. For many children and youth, daily movement starts by walking to the bus stop or school. Other ways movement can add up includes recess, phys. ed. class, or even just walking quickly from class to class!

### Physical activity can be a combination of planned structured activities as well as unstructured activities.

- Planned, structured activities like an exercise class or sports team are great ways to get moving. But don't forget all the other ways to be active such as walking or playing with the dog, cleaning the house, or dancing in your living room. All of these activities count towards daily movement needs. Get creative to make movement fun and try to get sweaty and breathe hard!

### Many communities have free opportunities to be physically active, such as story walks or nature trails.

- Be on the lookout for activities in your community.
- Check your local library too! More and more public libraries in Maine are expanding inventory of equipment to use being active—such as snowshoes for the winter or lawn games in the summer.

#### TIP

Check out the US Department of Health & Human Services [Move your Way](https://www.moveyourway.gov) website.