BE ACTIVE EVERY DAY

WARM UP

How many minutes of physical activity do you need every week?

A. 20 minutes  
B. 30 minutes  
C. 60 minutes  
D. 150 minutes

There are different recommendations for how much physical activity is needed in every age group. Adults are recommended to participate in 150 minutes of activity per week and children are recommended to do 60 minutes of activity every day. Let’s explore the different types of physical activity you and your family can do below:

<table>
<thead>
<tr>
<th>INTENSITY LEVEL</th>
<th>WHAT IT MEANS</th>
<th>HOW TO GET IT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light</td>
<td>Does not increase your heartbeat or breathing</td>
<td>Take a bike ride or go on a casual walk with your family</td>
</tr>
<tr>
<td>Moderate*</td>
<td>Uses more effort and increases your heartbeat and breathing</td>
<td>Work in the garden or dance together</td>
</tr>
<tr>
<td>Vigorous*</td>
<td>Uses a large amount of energy and greatly increases heartbeat and breathing</td>
<td>Swim laps, play a competitive sports game or go running</td>
</tr>
</tbody>
</table>

*These intensities count towards your physical activity recommendation.
Complete the crossword puzzle using words you learned in this week’s module.

- AEROBIC
- CALORIES
- HEART RATE
- BREATHING RATE
- INTENSITY
- LIGHT
- MODERATE
- VIGOROUS
- RECOMMENDATION

ACROSS
4. How to measure heart beats
8. A suggestion

DOWN
1. This intensity of activity uses very little effort
2. A type of measurement for how much energy is in a food
3. How much you are breathing
5. This intensity of exercise uses a lot of effort
6. This intensity of exercise uses some effort
7. How much effort a physical activity uses. There are three types.
9. A type of exercise that helps boost heart health

Sources:
http://s0.geograph.org.uk/geophotos/01/82/55/1825554_7dd7e87.jpg
puzzlemaker.discoveryeducation.com/crisscrosssetupform.asp

UNIVERSITY OF CALIFORNIA
This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP, an equal opportunity provider and employer. SNAP (CalFresh) provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.