be active – play hard!

VIGOROUS ACTIVITIES

As much as possible!

- Play team sports
- Go for a run
- Ride a bike
- Rollerblade or skate board
- Swim laps
- Practice martial arts
- Jump rope

AT LEAST 60 MINUTES PER DAY

MODERATE ACTIVITIES

As often as you can!

- Shoot baskets
- Bump a volleyball
- Kick a soccer ball
- Take a hike
- Play catch
- Do garden or yard work
- Hit a tennis ball
- Invent dance moves

SEDENTARY ACTIVITIES

Cut back and limit!

- Watch TV
- Video Games
- Computer time

CATCH®

MICHAEL & SUSAN DELL CENTER *for* HEALTHY LIVING

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For more information about the CATCH Program:
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