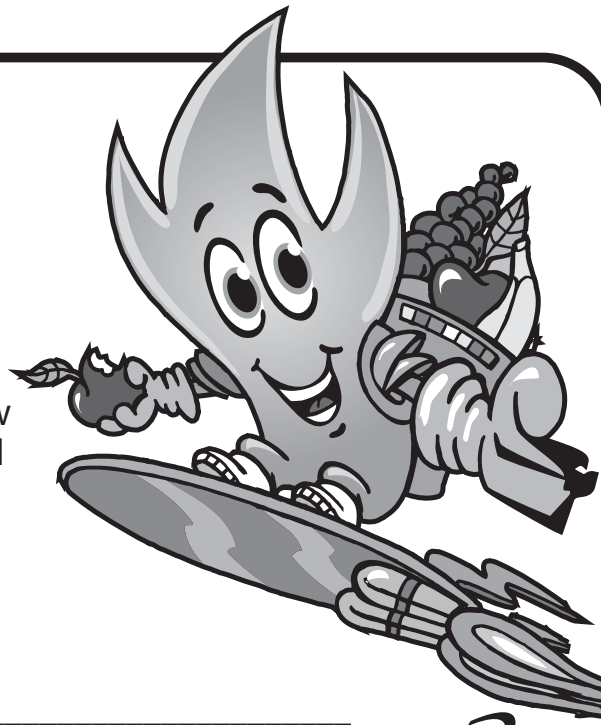


Lift-Off!'s Better Choices.

A lot of things we do everyday can be good ways to get exercise, but we instead choose ways to do them without using any effort. Below is a list of normal activities, each of which could be replaced by an activity that will help keep you in shape and feeling great. Next to each activity, write what you could do that would be better for you.



1. Riding an elevator. _____
2. Traveling by car or bus. _____
3. Playing a basketball video game. _____
4. Watching baseball on TV. _____
5. Using an escalator. _____
6. Watching music videos online. _____
7. Talking on the phone. _____

Can you name some other activities you could do for fun that would also be good exercise? Write down some of your ideas and ask a parent, guardian, or teacher if you made good choices!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Guess what? Now you have 14 physical activities you can do make your day more fun and help keep yourself fit! Now don't just sit there! Get moving!