**Activity=Productivity**

The rate of obesity among adults has increased to 32.9%, while 13.9% of children between 2-5 years of age are overweight. Over 80% of children continue this trend into adulthood.

Regular physical activity reduces the risk of heart disease, diabetes, high blood pressure, and some cancers. Being active also helps to control weight, keeps bones, muscles, and joints healthy, and reduces the symptoms of anxiety and depression.
**All Season Activities**
- Play inside
- Help with chores
- Play music...dance!
- Jump, skip, march, hop
- Go for a walk

**Indoor Activities**
- Pick up toys
- Make the beds
- Pick up and put away dishes
- Sweep, mop, vacuum, dust
- Carry and put away groceries
- Feed and take care of pets
- Play indoor basketball using a ball and laundry basket
- Use a broomstick and limbo!

**Outdoor Activities**
- Sweep the porch and sidewalks
- Clean up the yard
- Carry out the trash
- Hang out the laundry
- Wash the car/brush off the snow

**Fall Activities**
- Go apple picking
- Rake the leaves
- Play in the leaves
- Go hiking

**Spring Activities**
- Jump in puddles
- Ride a tricycle or a bicycle
- In-line skating
- Garden — pick or water flowers
- Jump rope
- Play hopscotch

**Summer Activities**
- Run through a sprinkler
- Splash in a pool
- Wash the car
- Go to the playground
- Weed, water, and rake the garden

**Winter Activities**
- Skiing
- Play in the snow
- Help shovel the snow
- Make a snowman, snow angels, or a snow fort
- Go sledding
- Go ice skating
- Stay warm by walking in a local mall

Which physical activities can you fit into your daily routine?

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<tr>
<th>Physical Activity</th>
<th>Time Spent</th>
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*Taken from NYS FIT WIC Resource Book*