



GET ACTIVE



ACTIVE ADVENTURER

Take a step forward to a healthier tomorrow!

Have you ever thought about how exploring the world around you can be an incredible journey? It's called staying active, and it can fill you with energy, happiness, and a sense of readiness to tackle exciting challenges! When we mention staying active, we're referring to moving our bodies in enjoyable and engaging ways. Staying active helps us enhance our strength and flexibility.

As we stay active, our bodies and minds come alive, prepared to uncover new experiences and conquer any obstacles along the way.

Here are some activities than can help you to do more exploring in your everyday life:



Nature Discovery: Go exploring in your local neighborhood or a nearby park. Use a checklist to locate different items in nature or use a free app to identify local plants!



Living Room Dance Party: Transform your living room into a dance floor and have a blast moving to your favorite tunes. Put on a favorite song and dance like no one is watching!



Park Adventure: Take a leisurely stroll or a bike ride in a nearby park. It's a wonderful way to stay active while enjoying the outdoors.



Productive Pursuits: Did you know that everyday tasks can be an enjoyable part of your active journey? Engage in activities like washing the car, raking leaves, or tidying the house with a friend or your family. You'll stay active and contribute to a clean, organized environment.



Take Your Snacks Outside: Pack a few of your favorite snacks for a picnic and head to a nearby park. Enjoy the peace and calm of being outdoors. Use this time to give your mind a break.



Mini Activity Breaks: Make the most of breaks between your favorite TV shows. Convert them into short exercise sessions with quick sets of push-ups, jumping jacks, or perhaps a competition to see how much you can achieve within that time frame. If your shows are uninterrupted, take a mini break between episodes for a burst of activity!

Embrace the journey of adding more moments of exploration and physical activity into your daily lifestyle! Big changes start by taking small steps.

HEALTH BENEFITS

- Improves Mood
- Better Sleep
- Builds Muscle
- Reduces Stress
- More Energy



FREE RESOURCES

- ✓ Toolkits
- ✓ Fitness Classes
- ✓ Nutrition Classes
- ✓ Telehealth Coaching
- ✓ Education Materials
- ✓ Related Resources

HEALTHIERTEXAS.ORG/TOOLKITS/



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