

Hero Mom Success Card #3



“I got my family moving again.”

Brenda P.

Stay-at-home mom
Two kids, ages 7 and 4

No Purchase Necessary

You do not have to join a health club. Taking a family walk is a healthy activity.

Dance and Play

Dancing and playing with the kids — even doing chores together — are great indoor exercises and lots of fun. (Laughing burns calories, too.) Kids should be physically active for an hour or more every day.

Family Time

Schedule family walking, skating or bicycle outings two or three times a month. For more information, visit:

www.cdc.gov/nccdphp/dnpa/physical/everyone.htm

**Mail the enclosed
reply card to get FREE
'mom-tested' tips about
physical activity!**

www.cachampionsforchange.net

