How can I stay active?

run

play ball
Staying active is when I have fun while I move my body!
Staying active is when I go swimming.
Staying active is when I ride a bike.
Staying active is when I go golfing.
Staying active is when I go skiing and snowboarding.
Staying active is going on an adventure walk and hike.
Staying active is when I play different sports.
Staying active is when I play outside.
Staying active is when I go dancing.
Staying active is when I do yoga.
Physical activity helps make me strong every day in many ways.
It helps me build strong bones and muscles.
It helps my brain be healthy and think clearly.
It helps me do well at school and at work.
It helps me build friendships.
It helps me be confident, independent and happy.