

# BE ACTIVE YOUR WAY ON EARTH DAY

Experience Earth Day by doing outdoor activities you enjoy. Being physically active helps you feel better and can help reduce the risk of some chronic diseases. Adults should be active at least 2½ hours a week. Here are some tips to help you move more.

## HIKING

Find a fitness buddy. Encourage each other to be active.

## BIKING

Add bursts of intensity to get your heart pumping.

↑ TRAIL AHEAD

## CANOEOING

Physical activities shouldn't be a chore. Have fun!

## WALKING

It all adds up. Even moving for 10 minutes counts.

## SWIMMING

Track your progress using the SuperTracker diet and physical activity tracking tool.

## SAILING

Mix it up. There are plenty of ways to be active.

## MORE TIPS

### Drink Up

Reach for water when you're thirsty or being active.

### Get an Energy Boost

Choose the right snacks for outdoor activities. Pack fruit, nuts, whole-grain crackers and low-fat cheese.

### Strengthen Your Muscles

Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

For more tips on staying healthy and active, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and [SuperTracker.usda.gov](http://SuperTracker.usda.gov). Look for the 10 Tips Nutrition Education Series.

