

Cornell Cooperative Extension SNAP-Ed

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more about SNAP benefits, contact 315-764-9442 ext. 405



To find more about your local SNAP-Ed's free nutrition education program, contact 315-379-9192 or find us at: snapedny.org

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SNAP-ee!

physical activity for you & the family



How many minutes of physical activity should you get in a day?

__ minutes

60 minutes a day!

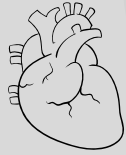
Use our daily challenge to help you reach your goal!

There are 3 types of exercises:

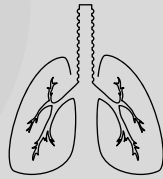
Aerobic

Muscle-strengthening

Bone-strengthening



Aerobic



Aerobic exercise is movement that makes your heart beat faster & your lungs breath faster than normal.

Aerobic activity should make up most of your 60 minutes.

Circle two that you really like to do:

Sports (like hockey, basketball, or swimming)

Riding a bike

Running

Jumping rope

Vacuuming

Dancing

Skiing or snowboarding

Rowing/ kayaking

Ice skating

Jumping jacks

Shoveling snow


Look out for body cues like: a fast heart beat, breathing fast, feeling warm, and sweating.

Daily Challenge

Check off the days after you did 60 min of physical activity

Write down what you did!

 Monday

 Tuesday

 Wed

 Thursday

 Friday

 Saturday

 Sunday