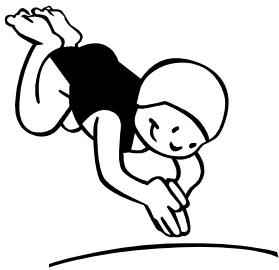


Name \_\_\_\_\_



# Moving More and Staying Healthy!

Active Vs. Inactive

Directions: Write the word **Active** or **Inactive** next to each activity.

Riding your bike to school	
Watching TV with family after dinner	
Taking a walk with family after dinner	
Going to dance class three nights a week	
Roller-blading	
Playing video games after school	
Playing soccer after school	
Playing on the computer	
Vacuuming the house	
Swimming at the neighborhood pool	



Make a list of the types of physical activities that you enjoy:

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