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.

**United States Department of Agriculture**

**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 and SuperTracker.usda.gov. Look for the 10 Tips Nutrition Education Series.

**BE ACTIVE YOUR WAY ON EARTH DAY**

**HIKING**
Add bursts of intensity to get your heart pumping.

**CANOEING**
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**

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