



Scavenger Hunt

Move More Resources

- www.Health.gov/PAGuidelines—The 2008 Physical Activity Guidelines for Americans are designed so everyone can easily fit physical activity into their daily life by doing activities they enjoy. The Web site offers resources such as a fact sheet on the guidelines, examples of physical activities to get started and a downloadable *Be Active Your Way: A Guide for Adults*.
- www.AdultFitnessTest.org—This online self-test helps measure overall fitness levels. It helps assess your aerobic fitness, muscular strength, endurance, flexibility and body composition. The Web site offers instructions and tips on performing each test component. Use the test results to help set fitness goals and measure progress.
- www.AmericanHeart.org/Start—Start! is the American Heart Association’s national movement to help Americans live longer, heart-healthy lives by walking. Sign-up for free at the Web site to receive monthly e-newsletters with expert advice on health and fitness and to access MyStart! Online tools. These tools help track daily physical activity, create personal walking maps and check weekly progress.

Move More Tip

Move More with a Buddy:

If you find it difficult to be physically active on your own, consider teaming up with a buddy—a co-worker, a friend, a neighbor or a family member. This might help increase your motivation. You will be more likely to stick to your schedule when someone else is also part of the plan.



“You don’t stop playing because you grow old, you grow old because you stop playing.”

– Ben Franklin