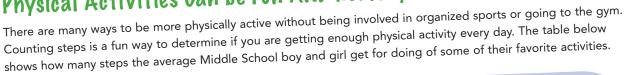
Take One Step™ Presents **AOM FAMILY PROGRAM** TOOLBOX

children

Activity Converted To Steps

Physical Activities Can be Fun AND Healthy!





So the average Middle School girl would get 1460 steps just for shopping in the mall for 20 minutes. The average boy would earn an equivalent of 1500 steps while washing the family car for 20 minutes! As you can see, doing fun activities throughout the day can make those steps really add up!



VISIT: www.americaonthemove.org • CALL: 800.807.0077







¹ According To CDC Growth Charts, The Average 13 Year Old Boy Is 62 Inches Tall And Weighs 98 Lbs.

² According To CDC Growth Charts, The Average 13 Year Old Girl Is 62 Inches Tall And Weighs 102 Lbs.