



Taking Steps to a Healthier You!

**Have you taken
the right steps today?**

- Pedometers can keep track of your physical activity level.
- Young people can improve their general health by taking 11,000 to 16,000 steps each day.



Tips for taking *more steps*



Be active your way!

- Take an activity break from studying or playing computer games.
- Go for a family walk after dinner.
- Spend more time outside.