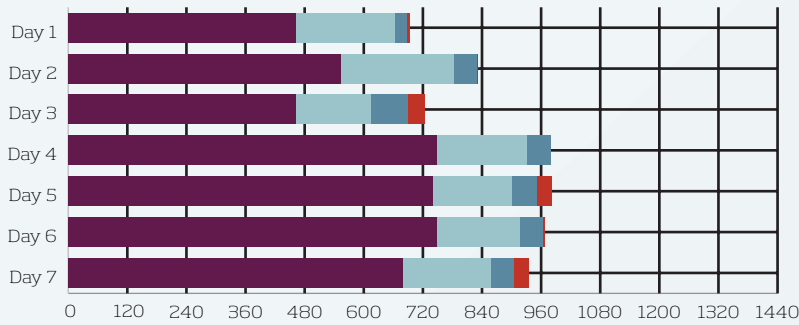


Thank you for being part of the **GROW Healthy Kids & Communities** family physical activity survey! Your participation helps us better understand family life in rural communities. Here is a summary of your physical activity during the 7 days you wore our activity device.

minutes of all activity intensity levels



- SEDENTARY**
sitting or standing with little movement
- LIGHT**
standing with some walking or moving around
- MODERATE**
activity that gets the heart rate up
- VIGOROUS**
activity that gets the heart rate up and causes rapid breathing

minutes of moderate + vigorous activity compared to national recommendations

total minutes
447
moderate + vigorous activity

NATIONAL PHYSICAL ACTIVITY RECOMMENDATIONS

CHILDREN

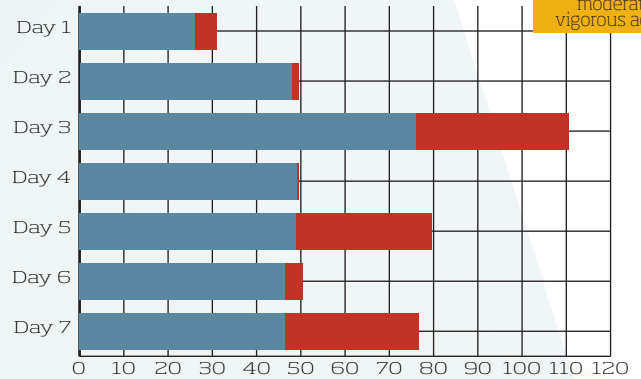
60 minutes (1 hour) or more moderate/vigorous physical activity per day.

This is equal to between 11,000 and 15,000 steps per day.

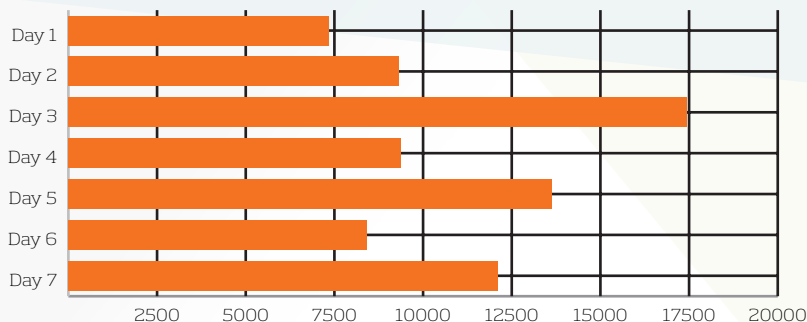
ADULTS

150 minutes (2.5 hours) or more moderate/vigorous physical activity each week.

That is equal to approximately 10,000 steps per day.



daily steps taken



GOAL ZONE

total steps

77,613

