



Plant a Seed...

Include Active Play in the Day

Research has linked too much sitting to increased risk of Type 2 diabetes, heart disease and stroke. So as the weather warms, choose gardening as a way to get up from the couch or chair and MOVE. Gardening activities include bending, stretching, lifting and carrying which increase flexibility, strengthen muscles and gets your heart pumping for good health. It also is rewarding, refreshing to get outside and fun to do!

If you are new to gardening, check out reliable resources for information like your local county extension office or online at the National Gardening Association (www.garden.org) or USDA-Gardening (www.usda.gov/wps/portal/usda/usdahome?navid=GARDENING&parentnav=CONSUMER_CITIZEN&navtype=RT).

**Like any exercise routine, start activity slowly to prevent injury and build stamina.*

Try these gardening ideas to start moving:

- Clean out leaves, dead plants and weeds from landscaping or garden beds.
- Plant a tree, shrubs, flower bulbs, or fruits and vegetables.
- Dig and create a new gardening space or container garden.
- Trim trees and shrubs.
- Add protective mulch to shrub beds or tree wells.

Pick a Challenge goal to add gardening to your active play list:

- Choose a challenge idea from the list above.
- Visit a park, arboretum, or gardening nursery to enjoy viewing the plants while walking for fitness.
- Volunteer at your local community garden or county extension garden and “get digging.”
- Prepare a gardening space or container garden and plant when the time is right in your location.
- Write your own *Challenge* goal. _____

