

“You can be active even when you have a busy life.”



30 Minutes a Day

Just walking 30 minutes a day can give you a lot more energy. If you can't find 30 minutes at one time, aim for 10 minutes three times a day!

Dancing is Exercise Too

If you don't have time to work out, turn up your favorite music and dance while you clean the house.

Walk the Walk

Try to set a good example. If you are active, your kids are more likely to be active.

Dulce H.

Working mom
Three kids, ages 11,
14, and 20



For more mom-tested tips and recipes,
visit www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-E, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

