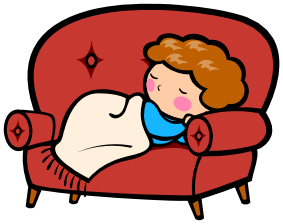
Turn the Couch Potato Behavior...
into a Fit Healthy Active Behavior!

Couch Potato Behavior



Fit Healthy Active Behavior

Instead of...	You could...
Lying on the beach	Play in the water or build a sand castle!
Playing video games	
Laying down listening to music	
Watching TV	
Playing on the computer	
Watching a soccer game	
Playing a board game	
Talking on the phone	
Petting your dog or cat	
Coloring	