

# Kids

# Get Active!

Physical Activity is anything that moves your body. Running, playing sports, riding your bike are all ways to be active.



Being active works your heart which makes your heart and body strong. It also keeps you happy and healthy.



## Get up and move because being active is fun!

Try these ways of being active:

- 🚲 Play tag
- 🚲 Toss a ball
- 🚲 Go for a swim
- 🚲 Run, jump, or climb
- 🚲 Kick a ball
- 🚲 Ride your bike or skate
- 🚲 Shoot hoops
- 🚲 Jump rope
- 🚲 Dance to your favorite music
- 🚲 Make up a new game



# Families

# Get Active!

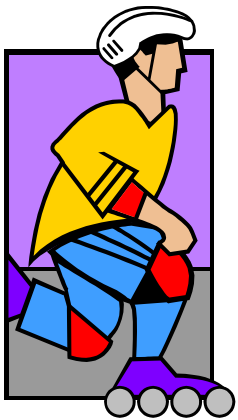
## Physical Activity is not just an action, it's a lifestyle.

1 in 5 school-age children is overweight. Overweight children:

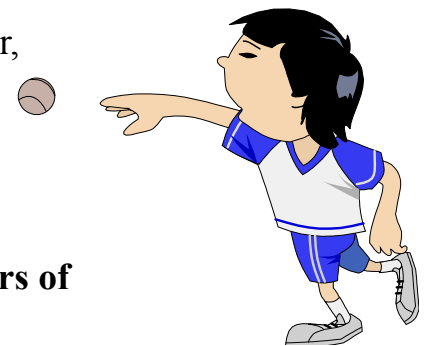
- ✓ Become sick more often
- ✓ Often perform poorly in school
- ✓ Have a greater risk of chronic childhood and adult diseases such as Type II diabetes, hypertension, and high cholesterol levels.



## Physical Activity benefits the whole family by:



- 🚲 Burning calories which helps to control weight, build lean muscle and reduce body fat.
- 🚲 Maintaining healthy bones, muscles, and joints.
- 🚲 Improving self-confidence, body image and self-esteem.
- 🚲 Having less stress and anxiety.
- 🚲 Improving the likelihood that children will stay in school, have good conduct and high academic achievement.
- 🚲 Decreasing the likelihood that children will be regular, heavy smokers or use other drugs.



## How to Increase Physical Activity in your children:

- ✓ Encourage and model a variety of physical activities.
- ✓ Limit unnecessary sitting time, **set a limit of no more than 2 hours of TV watching per day.**
- ✓ Find after-school activities and programs that boost children's confidence in their physical ability.

## Enjoy Physical Activity as a family:

- ✓ Play basketball, football or soccer.
- ✓ Ride a bicycle or skate together.
- ✓ Take a daily family walk with a pet.
- ✓ Dance to music as a family.



## What's Recommended?

Children should get 30-60 minutes of physical activity on most days of the week and 10-15 minutes of vigorous exercise every day.