ACTIVITY for children

Physical Activity Improves

- Overall fitness & wellness
- Cardiorespiratory fitness (heart and lungs)
- Muscle and bone strength
- Mental Health
 - Physical activity is ANY type of activity that requires movement.



physical activity



Heart healthy activities that get your heart rate up, otherwise known as cardio.

Moderate

Activities that help you burn more energy than your normal routine.

Brisk walking

Biking Stretching

Vigorous

Activities that require movements that get your heart rate up and make you sweat!



Running Jumping Dancing Soccer Basketball Tennis Swimming





Muscle Strengthening

Muscular endurance with the common goal of increasing or maintaining muscular strength.



Increasing bone strength is important to protect and support your daily activities.

> Hopping Skipping Jumping



for parents and caregivers

- Plan ahead
- Make time
- Go outside
- **Encourage movement**
- Get active with others
- Choose safe environments
- Consult a health care professional



What physical activity will YOU choose?

- **Simon Says**
- Family dance parties
- **Neighborhood walks**
- **Playing sports**

- Scavenger hunt
- Go bird watching
- **Play yard games**

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