

PHYSICAL 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.



**1 HOUR
EVERY DAY**



**MOVE
EVERY 2 HOURS**



EXAMPLES of physical activity



EVERYDAY

Aerobic

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!



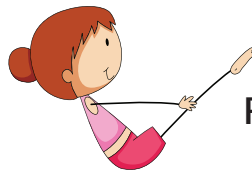
Running
Jumping
Dancing
Soccer
Basketball
Tennis
Swimming



3 DAYS A WEEK

Muscle Strengthening

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



Yoga
Body weight
Exercise bands
Playground equipment



Bone Strengthening

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



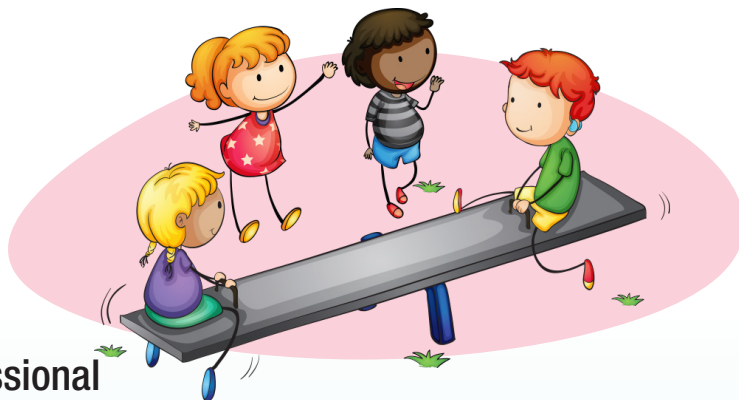
Hopping
Skipping
Jumping



Tips

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
- Gardening

