Be Physically Active Daily

For kids, doctors recommend 60 minutes of moderate to vigorous physical activity every day

Why do we need to be physically active daily?

- Being active increase endurance, flexibility and strength
- Active children usually have improved coordination, feel better about themselves and can do better in school
- Physical activity burns calories and exercises muscles
- Active children are less likely to be depressed or anxious
- Active children have reduced risk of developing diabetes, asthma, and heart disease as they get older

What Your Family Can Do

- Get up and keep moving while watching TV or playing video games
- Make it a goal: move during commercials
- Stay active throughout the day: park farther away, take the stairs, get off the bus one stop earlier, walk
- Make moving fun: dance to music, try a new fitness video, play musical chairs, simon says, four square, tag, or make active rules for card and board games

For More Information

- www.cdc.gov/physicalActivity
- www.kidshealth.org
- www.kidnetic.com
- www.getactivecolumbus.com

Quick Tips

- Play in two 30 minute blocks or four 15 minute blocks to add up to 60 minutes every day
- Enroll in an activity at your local recreation center
- Plan activities for the whole family to do together:
  - build a snowman
  - explore your local bike path
  - grab some sporting equipment and head to the nearest park
  - go for a swim
  - walk the dog
- Do chores together: vacuuming, laundry, cleaning your bedroom, or walking the dog
- Get family and friends together for a game of kickball, dodge ball, basketball, baseball of football

Information provided in this sheet was adapted from www.kidshealth.org, www.dole5day.com, and www.cdc.gov.

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Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- ❑ I will play by moving my body for 60 minutes *(it can be at one time or broken up during the day)*
- ❑ While watching TV, I will move during each commercial
- ❑ I will take the stairs instead of the elevator
- ❑ I will walk a dog for at least 15 minutes
- ❑ I will get family or friends together for a game of basketball, football, baseball, kickball or dodge ball *(once a week goal)*

- ❑ _____

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Week 1	❑	❑	❑	❑	❑	❑	❑	**Week 3**	❑	❑	❑	❑	❑	❑	❑
Week 2	❑	❑	❑	❑	❑	❑	❑	**Week 4**	❑	❑	❑	❑	❑	❑	❑

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