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.kidnetic.com
• www.kidshealth.org
• 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.
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)

________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐
Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐

Contact Us
Center for Healthy Weight and Nutrition
700 Children’s Drive | Columbus, Ohio 43205
Phone: (614) 722-4824 | Fax: (614) 722-3099
NationwideChildrens.org/Healthy-Weight