

LET'S GET PHYSICAL!

Has your family seen a decrease in their physical activity during these past few months? You aren't alone. With little to no commute to work/school and lack of group sport activities, many of us have found ourselves not meeting our recommended move goals each day. Even if you don't have big chunks of time to dedicate each day, start by setting aside a few minutes here and there. It all adds up, as do the benefits! Physical activity isn't just important for health, but can help your kids sleep better, perform better at school and ultimately feel better!



HOW MUCH ACTIVITY DOES MY KID NEED?

Kids and teens ages 6 to 17 need at least **60 minutes every day**.

As a part of their daily 60 minutes, kids and teens also need:

Most of the 60 minutes should be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.

At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.

Muscle-strengthening activity at least 3 days a week. Anything that makes their muscles work harder counts.

Bone-strengthening activity at least 3 days a week. Bones need pressure to get stronger—any weight-bearing exercise counts.



Younger kids love to be active naturally! Aim to keep them moving **3 hours a day** — and more is better.

How to tell if it's moderate or vigorous activity?

Use the **talk test!**

If you're breathing hard but can still have a conversation easily, it's moderate-intensity activity.

If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.

HOW TO MOTIVATE YOUR KIDS TO BE MORE ACTIVE!

Set Designated Time to Move

During a typical school day, time would be dedicated to getting your kids moving. Now with school looking different these days, physical activity may not be scheduled into your kid's day, but that does not mean you can't get into the habit of moving their body. Whether it's scheduling 60 minutes at once or six-ten minute breaks throughout the day, set time for your kids to get active and move their bodies!



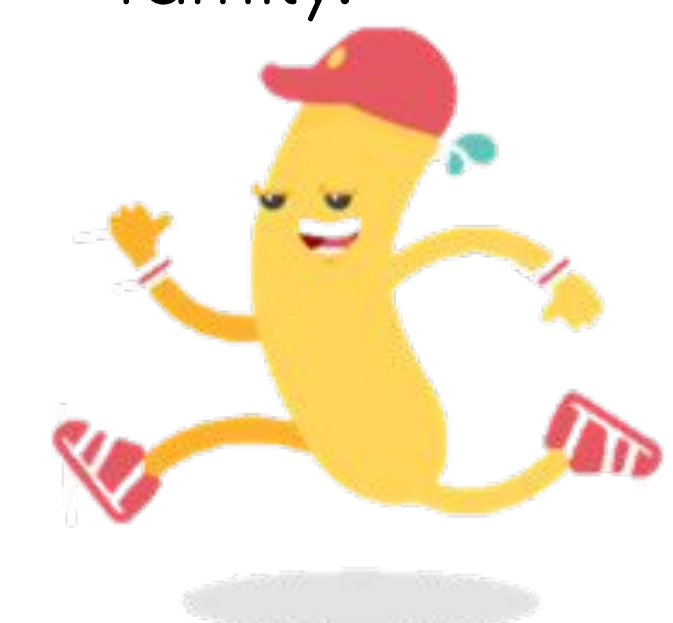
Find the Right Activity for your Kids

The best way to get your kids physically active is to incorporate it into their daily routine. Your kids may already be involved in organized sports or may be too young to understand the rules of the game. Finding fun, age-appropriate activities can help your kids to get moving again. Your preschooler can work on their listening skills by playing follow the leader, or get your school-aged kid doing jumping jacks during the commercial of their favorite show or get your teenage moving by having them help clean around the house.



Be a Role Model

When your kids can see you enjoying being active, they will more likely model your behavior. While normal daily life seems to have been put on pause, life seems busier than ever. Finding time to be active may seem daunting, but you can benefit from being active as well. When a family commits to be more active together, you can all motivate each other to stick to it. Even if you can commit to only 30 minutes-5 days a week to be active with your kids you will see the benefits to your entire family!



Stuck inside with nowhere safe to engage in physical activity outside?

Just because you can't get outside doesn't mean you can't move your body. Turn on some music and show off your best dance moves, use household items like cans or plants as weights or set up an obstacle course throughout the house. Get creative to keep your kids moving while having fun!