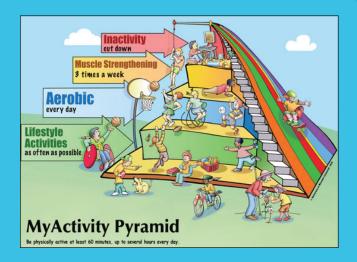
Children and adolescents need at least 60 minutes of physical activity every day. Include activities that make their hearts beat faster, build muscles (like climbing or doing push-ups), and strengthen bones (like running or jumping).



What can you do to help?

- Be an active role model and plan to do some activities together
- Challenge your kids
- Encourage your child to try different activities
- Help practice basic skills like throwing, catching, hopping, jumping, kicking, and running
- Praise and reward effort
- Find active "alternatives" for everyday jobs like turning household chores into a game

Challenge Ideas

- How many times can you throw the ball up and catch it without dropping it?
- How many skips can you do in one minute?
- How long can you balance on one leg without letting the other touch the ground?
- Challenge your kids to complete the pyramid workout during a commercial break.

Any physical activity is better than none.

Generally the more the better!



Using walking as a physical activity during childhood teaches children a lifetime of exercise that can help build healthy bones and control weight. Going for family walks is a simple way of getting everyone more active.



Login to Walk Cabarrus to learn about new places to walk in our county. https://walkcabarrus.com



5 Servings of Fruit & Vegetables2 Hours or Less of Screen Time1 Hour or More of Physicial Acitivity0 Sugary Drinks

Recources:

Centers for Disease Control and Prevention. Dromclough National School Blendspace University of Missouri Extension



EXERCISE IS GOOD FOR THE BODY AND MIND

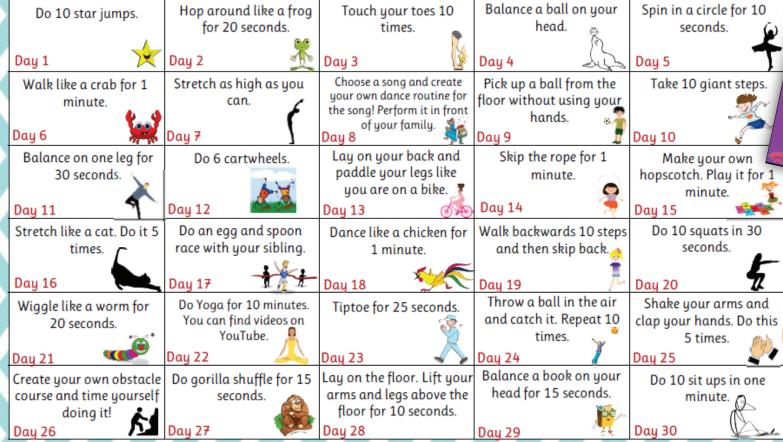
GET ACTIVE HAVE FUN EAT HEALTHY

Maintain A
Healthy Lifestyle



School Health







Every family is different so work with yoursto create a list of physical activities that everyone enjoys doing together, then think about new activities to try.

ACTIVITY
HELPS
KIDS TO



- Be happy
- Sleep well at night
- Listen and learn at school
- Control their weight
- Grow up healthy and strong
- Reduce anxiety
- Manage their behavior
- Express themselves



A minimum of one hour of moderate physical activity every day. Don't panic! This may sound like a lot but it doesn't have to be done at once. It can be spread out over the whole day in manageable 10, 15, or 20 minute slots.

Families that make healthy lifestyle choices together, stay healthy and fit together.