

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).



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.



EXERCISE IS GOOD FOR THE BODY AND MIND

**GET ACTIVE
HAVE FUN
EAT HEALTHY**

**Maintain A
Healthy Lifestyle**

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.



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



5 Servings of Fruit & Vegetables
2 Hours or Less of Screen Time
1 Hour or More of Physical Activity
0 Sugary Drinks

Resources:
Centers for Disease Control and Prevention.
Dromcough National School
Blendspace
University of Missouri Extension

































School Health




30 Day Fitness Challenge

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<p>Do 10 star jumps.</p> <p>Day 1 </p>	<p>Hop around like a frog for 20 seconds.</p> <p>Day 2 </p>	<p>Touch your toes 10 times.</p> <p>Day 3 </p>	<p>Balance a ball on your head.</p> <p>Day 4 </p>	<p>Spin in a circle for 10 seconds.</p> <p>Day 5 </p>
<p>Walk like a crab for 1 minute.</p> <p>Day 6 </p>	<p>Stretch as high as you can.</p> <p>Day 7 </p>	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p>Day 8 </p>	<p>Pick up a ball from the floor without using your hands.</p> <p>Day 9 </p>	<p>Take 10 giant steps.</p> <p>Day 10 </p>
<p>Balance on one leg for 30 seconds.</p> <p>Day 11 </p>	<p>Do 6 cartwheels.</p> <p>Day 12 </p>	<p>Lay on your back and paddle your legs like you are on a bike.</p> <p>Day 13 </p>	<p>Skip the rope for 1 minute.</p> <p>Day 14 </p>	<p>Make your own hopscotch. Play it for 1 minute.</p> <p>Day 15 </p>
<p>Stretch like a cat. Do it 5 times.</p> <p>Day 16 </p>	<p>Do an egg and spoon race with your sibling.</p> <p>Day 17 </p>	<p>Dance like a chicken for 1 minute.</p> <p>Day 18 </p>	<p>Walk backwards 10 steps and then skip back.</p> <p>Day 19 </p>	<p>Do 10 squats in 30 seconds.</p> <p>Day 20 </p>
<p>Wiggle like a worm for 20 seconds.</p> <p>Day 21 </p>	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p>Day 22 </p>	<p>Tiptoe for 25 seconds.</p> <p>Day 23 </p>	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p>Day 24 </p>	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p>Day 25 </p>
<p>Create your own obstacle course and time yourself doing it!</p> <p>Day 26 </p>	<p>Do gorilla shuffle for 15 seconds.</p> <p>Day 27 </p>	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p>Day 28 </p>	<p>Balance a book on your head for 15 seconds.</p> <p>Day 29 </p>	<p>Do 10 sit ups in one minute.</p> <p>Day 30 </p>

SKIPPING X-ITS ACTIVITY



1. Jump with feet shoulder-width apart
2. Bring feet together
3. Alternate the foot that crosses in front.

TRY SKIPPING WITH LIVELY MUSIC TO MAKE IT MORE FUN AND TO CREATE A RHYTHM

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

1 HOUR A DAY

for you and your child to fill in!

How do you do yours?
Fill in the chart to see where you can fit in 60 minutes a day. Don't forget to try and include some activities to help build healthy muscles and bones e.g.

- GYMNASTICS
- SKIPPING
- JUMPING
- CLIMBING
- WALKING
- SWIMMING



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.