

# 1 Hour of Physical Activity!

## Get Your Body Moving

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Physical activity is important for our bodies and our minds. It gives us energy to do the activities we enjoy, strengthens our muscles and bones, helps keep us feeling happy and healthy, and it can improve our self-esteem and academic performance.

### Tips for Children

1. **Strive to meet the youth activity guidelines.** Children should receive at least 60 minutes of physical activity each day. Be sure to include a variety of aerobic activities (such as walking, running, biking and swimming), muscle strengthening activities (such as push-ups and gymnastics), and bone strengthening activities (such as jumping rope and running).



**1 Hour of Exercise**

- Physical activity is essential for good health.
- Regular exercise not only helps control weight but helps reduce the risk of many diseases.
- Children and adolescents should try to have at least 60 minutes of physical exercise per day.

2. **Make a plan to get more active.** If you are not active now start small and increase your activities or amount of time you are active. If you can, take the stairs rather than the elevator or take a walk in your neighborhood with your family.
3. **Don't do all your activity at once.** To start, increase your activity in 10 minute increments throughout the day (to equal 60 minutes at the end of the day).  
Walk to school on nice days, take your dog for a walk, or set up an obstacle course inside or outside.
4. **Do activities that you like.** Try different sports and activities. Basketball, baseball and tennis are great ways to keep moving, but also consider individual sports such as martial arts, gymnastics and swimming. Remember, not everyone is a star athlete but walking, running, hiking and biking are activities anyone can do.
5. **Be safe.** Wear protective gear when it is appropriate, such as helmets and wrist or knee pads.

### Tips for Parents

1. **Lead by example.** Strive to lead an active lifestyle yourself. Show your children that enjoyment can come from different activities. Avoid negative talk about exercise or using exercise as form of punishment.
2. **Make it a family affair.** Go biking, hike a local trail, or swim in a local pool. Try an active challenge as a family. Work from a walk up to a run, or participate in a walk for charity.
3. **Select activity-oriented toys and gifts.** Provide your children with tools that promote movement, such as a ball, kite, or jump rope.
4. **Be an active leader.** Volunteer to help with before/after school activity groups, (or start one – such as a running, dance or jump roping club) or sign up to coach a youth sports team.

## Resources

Head Start Body Start

<http://www.aahperd.org/headstartbodystart/>

NASPE's Teacher's Toolbox – Monthly Activity Calendars

<http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm>

The President's Challenge

<https://www.presidentschallenge.org/index.shtml>

2008 Physical Activity Guidelines for Americans

<http://www.health.gov/PAGuidelines/default.aspx>

Let's Move

<http://www.letsmove.gov/get-active>

American Council on Exercise: Youth Fitness

<http://www.acefitness.org/acefit/youth-fitness/>

Apps for Healthy Kids

<http://appsforhealthykids.com/>

Fitness Finders

<http://www.fitnessfinders.net/>