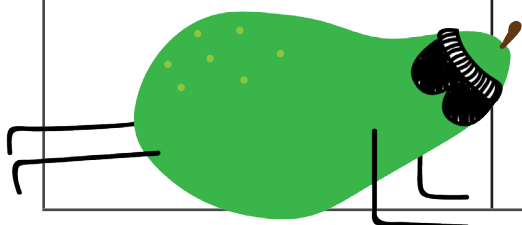




READY, SET, GO!

Together with your child, look at the chart below and circle each activity that your child has done in the past week.

Light	Moderate	Vigorous
Walking (normal pace) Bicycling (slowly, flat road) Fishing Dancing (slowly) Light housework Stretching Playing catch Darts Table tennis Playing most instruments	Tennis (doubles) Skateboarding Skipping Baseball/Softball Basketball (shooting baskets) Walking (brisk) Bicycling (faster than 10 mph or uphill) Gardening Skating Rowing/Canoeing Yoga Weight training Frisbee	Tennis (singles) Football Soccer Hockey Basketball (game) Hiking Volleyball Gymnastics Martial Arts Swimming (laps) Jogging/Running Aerobic dancing (Zumba)



Physical Activity for Health!

Physical activity helps your child develop their coordination and balance. Help them practice new skills by giving them lots of chances to play catch, climb, crawl, and jump.

What are these categories?

It is recommended that children get at least 60 minutes of physical activity per day. While light intensity physical activity is important to being healthy, only moderate and vigorous physical activity counts towards the 60 minute daily total.

LIGHT INTENSITY

exercises require very little effort and few calories.

Heartbeat and breathing are similar to resting.

A person doing a light intensity activity will probably be able to sing during the activity.

MODERATE INTENSITY

exercises require some effort and more calories than light intensity.

Heartbeat and breathing are a little faster and heavier than at resting.

A person doing a moderate intensity activity will probably be able to talk but may not be able to sing.

VIGOROUS INTENSITY

exercises require a lot of effort and calories.

Heartbeat and breathing are very fast and heavy.

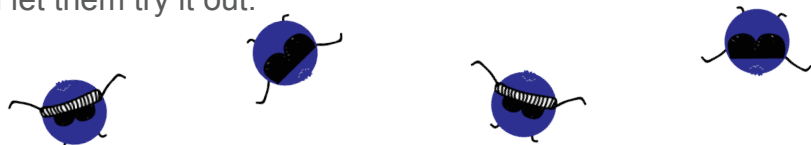
A person doing a vigorous activity will probably have difficulty talking.

Tips for Getting Active

- Find time where you can. Even 10 minutes here and there makes a difference!
- Try different activities until you find something your whole family likes.
- Stay flexible! You don't need to play sports every day. Take a walk or a slow bike ride on days when you are feeling tired.

Share Your Passion

Share your enjoyment of your favorite activity! Whether it's playing baseball, playing tag, or doing cartwheels, chances are if you have fun doing it, so will your child. You can also teach your child to do one thing you liked when you were their age. Talk about why you liked it, experiences that made it special, or show pictures of yourself doing the activity. Explain any rules, show them how you did it, and let them try it out.



HEALTHY FAMILY CHALLENGE

- Schedule a time with your child to try out one exercise from either the moderate or vigorous categories.
- Share your favorite exercise or activity with your child using some of the tips described above!

