



# "I AM ACTIVE"

## Different Types of Physical Activity

· **Aerobic Activity**— Gets your heart pumping and lungs working harder. It also makes you sweat. Great aerobic activities are running, dancing, biking or playing soccer.

· **Bone Strengthening**— Exercises help your bones grow and keep them strong with activities like jumping rope, gymnastics and running.

· **Muscle Strengthening**— Gives you more power (you can flex your arms to demonstrate). Strengthen those muscles by climbing on a jungle gym, doing gymnastics or push-ups.

### HEALTHY HABIT OF THE DAY:

I am active at least one hour throughout the day, and work hard at being stronger, faster, and healthier.



Healthy LifeStars

### Set goals for you and your kids to be more active:

#### Work on a tiny habit

- ✓ First help your child find one tiny activity habit they want to do (eg., run in place during commercials, do five sit ups before each meal, jump rope before and after a TV show (see the activity cards on page 3)
- ✓ EVERYONE celebrates when your child does this *tiny* habit, no matter how small.

#### Get moving in as many fun ways as possible.

- ✓ Don't stop moving for 30 minutes!
- ✓ Play fun games that will keep your child interested in moving around.
- ✓ Allow kids to set goals about what they want to do for the day-develop a plan for being active!
- ✓ Engage in physical activity with your child
- ✓ Talk to your kids about setting physical activity goals
- ✓ Remind the kids about the different types of physical activity- there is so much more out there to do than running!

### QUESTIONS TO ASK YOUR CHILD

- Q: What does being active mean to you?
- Q: What are three different types of physical activity?
- Q: What are your favorite ways of being active?
- Q: How does being active help our body?
- Q: What is your goal for being active today and tomorrow? What tiny activity habit do you want to do?

# Types of Physical Activity

## Aerobic



**IMPROVE** the health of your heart and lungs

Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer.



**30 Minutes** a day, five days a week

Take a brisk walk, climb the stairs a few times, play with your kids.

## Flexibility



**IMPROVE** flexibility and joint and muscle health

Activities that lengthen and stretch muscles can help you prevent injuries, back pain, and balance problems. A well-stretched muscle more easily achieves its full range of motion.



**30 seconds** each stretch, every day

To find simple stretching routines, simply Google "easy stretches" and you will find so many easy and safe stretches.

## Strength



**IMPROVE** muscle strength

Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.



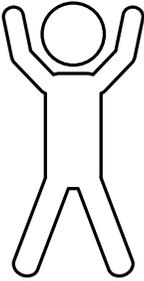
**45 minutes** a day, 2-3 times a week

Make sure to work different muscle groups on different days. Try working your arms and upper body on one day and your legs and lower body on another.

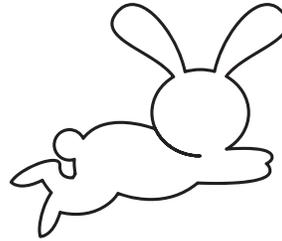
**Always talk to a doctor before starting any exercise program!**



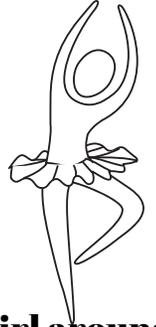
**Jog in place for 45 seconds**



**Do 15 jumping jacks**



**Hop like a bunny 10 times**



**Twirl around for 30 seconds**



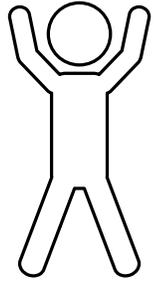
**Do 5 push-ups**



**Stretch like this for 15 seconds**



**Jump 15 times**



**Do 20 jumping jacks**



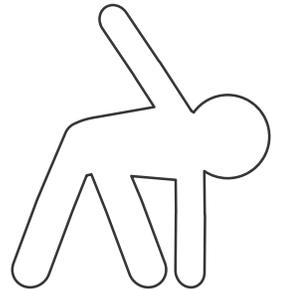
**Stand on 1 leg for 10 seconds each leg**



**Jog in place for 30 seconds**



**Reach up and touch the sky 15 times**



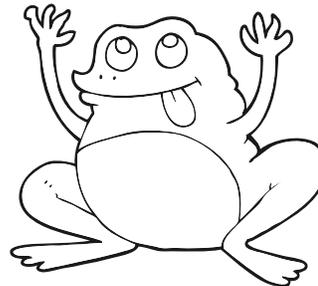
**Bend over and touch your toes 10 times**



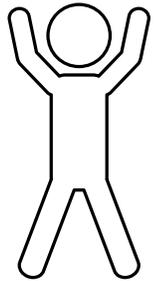
**Jump 10 times**



**Twirl around for 20 seconds**



**Do 15 frog leaps**



**Do 30 jumping jacks**

# Activity Cards!

**Color and cut out the cards and put them face down. Take turns picking up a different card. When it's your turn, do the activity on the card that you drew.**

**Find physical activities you enjoy and have fun as a family!**