



"I AM ACTIVE"

Introduction to "I Am Active"

What does it mean to be active?

When you move your arms and legs and make your heart beat fast.

Why is it important to be active regularly?

- Makes your heart and lungs strong and healthy.
- Strengthens and stretches your muscles.
- Gives our brains a break and helps us to concentrate more in school.
- Builds strong bones and muscles.
- Helps you keep a healthy weight.

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

YOU AND YOUR CHILD'S EXERCISE:

Parents play a large part in making sure their kids get enough physical activity and movement throughout the day. You can talk to your kids about physical activity in some of the following ways:

- Talking to your child about how much they played hard today and /or were active during the day.
- Helping them to understand the importance of moving and getting their heart to beat faster.
- Helping them set goals for physical activity during the day.

We know it can be hard to find time and energy to fit physical activity into your family's day, and Healthy LifeStars is here to help you with tips and game ideas to help everyone get moving. You can do this.

QUESTIONS TO ASK YOUR CHILD:

Q: What does being active mean?

Q: Why is being physically active important? How does it help your body?

Q: What goal can you set for this week or weekend regarding physical activity? (example: I will plan a schedule of physical activities during the day, I will play hard at recess, I will do jumping jacks during commercials at home if I'm watching TV).

Q: How much physical activity should you get in a day? **A:** 60 minutes or more

GOOD RULES for BEING ACTIVE

Stretch First

Before your workout, spend a few minutes doing easy exercises to gradually increase your body temperature and get your muscles and heart ready for action. At the end of your workout, spend five to ten minutes performing more easy exercises to bring your heart rate down slowly and prevent muscle soreness.



Set Goals

Before starting an exercise program, take note of your current fitness level (your weight, BMI, and resting heart rate). Then write down what you hope to achieve through exercise. Maybe you want to lose 10 pounds, run a 5K, bench press 250 pounds, or lower your cholesterol. Setting achievable goals will help keep you motivated to exercise.



Don't Over-Do It

One of the biggest mistakes people make is jumping into intense physical activity too soon. Too much physical activity when you're out of shape can lead to injury, extreme soreness, and fast burnout.



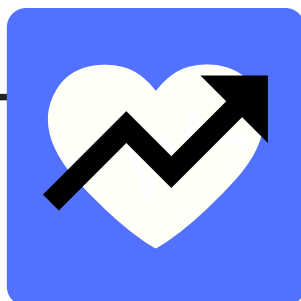
Don't Give Up

Busy schedules, comparing yourself to others, and not seeing fast results can prevent you from reaching your goals. But persevere and keep your head held high. The hard work will be worth it.



Gradually Increase Intensity

The best way to start a fitness program is to ease into it slowly. You may have been in great shape back in the day, but a few years or even months without exercise can take a toll on your body. Start out slow and each week increase your pace and distance.



Mix it up

Running on the treadmill day in and day out can get old fast. Change things up and try new workouts. Play tennis with a friend, lift weights at the gym, or go on a hike. You may surprise yourself and start looking forward to physical activity.



MOVE MORE!

Here are some simple ways to move more throughout your day.

- If you have a dog, take it on longer walks
- Take a walk after dinner
- Park further away from the store and walk
- Use stairs instead of an elevator
- Walk your kids to school if you can
- Dance with your kids
- Play ball at the park
- Ask your kids for help with active chores such as vacuuming or raking leaves

"Find Something": A simple game to get kids moving!



This game can be played inside or outside.

1. Start the game by having the kids space out.
2. Now name any random object that you see in the room or the yard, for example, something red, a hat, or anything you like and tell the children to "Find something...."
3. The children have to run to the object, get down on their knees and bend to touch the object with their forehead.

Keep changing the object continuously and give the kids different options so that not everyone is in the corner.

Color in a box for every 10 minutes you are active during the day.

Try to see how many boxes you can color!

Day:-----

My goal: Today, I will color ____ boxes

| | | | |
|---------------|---------------|---------------|---------------|
| | | | 10 minutes |
| | | 10 minutes | 10 minutes |
| | 10 minutes | 10 minutes | 10 minutes |
| 10 minutes | 10 minutes | 10 minutes | 10 minutes |