"I AM ACTIVE"

Are You Getting Your 60 Minutes of Physical Activity a Day?

HOW TO BE ACTVE AS A FAMILY:

Be creative and find time you can be active together. Remember you don't have to get all 60 minutes of activity in at once, it can be spread throughout the day. You and your family can mix up what activities you do each day, or set traditions of activities to do together. It's important to set activity goals as a family that you want to achieve together, so you can remind each other to be active.

Here are some activities you can do together!

- Walk your kid to school if possible
- Have a dance party
- Plant a garden
- Do household chores together
- Bike around town
- Do yoga

HEALTHY HABIT OF THE DAY:

I will be physically active at least one hour each day.

Healthy LifeStars

HOW MUCH PHYSICAL ACTIVITY DO WE NEED?

Your physical activity goal should be at least 60 minutes of activity every day. You don't have to do this all at once, and can break it up into smaller amounts of time throughout the day. These 60 minutes could be a combination of a bunch of different activities to meet the goal of 60 minutes every day. Setting tiny habits is helpful when setting new activity goals. An example of a tiny habit is putting a reminder on the TV remote to be active after each episode of a show.

QUIZ FOR YOUR CHILD:

How many minutes of physical activity did I do if:

- I biked 15 minutes
- I jumped rope for 10 minutes
- I played soccer for 30 minutes
- I did chores for 10 minutes

Did I meet my physical activity goal?

Answer: 65 minutes, yes I met my physical activity goal because I was active for 60 minutes or more

QUESTIONS TO ASK YOUR CHILD:

Q: What happens to your body when you are physically active?

A: Your heart beats faster, and you breathe harder

Q: How many minutes of physical activity do we need a day?

A: 60 minutes or more

Q: Why is physical activity important for your health?

A: It helps you focus in school, gives you energy and keeps your bones and muscles strong

Q: What are some ways you can be physically active together?

The Challenge of 60 Minutes

Getting your 60 minutes of physical activity a day doesn't have to be hard, there are a lot of things that count towards those 60 miuntes that doesn't require any equipment to do!

Try at home workouts or activity challenges with your children to get those 60 minutes accomplished each day.

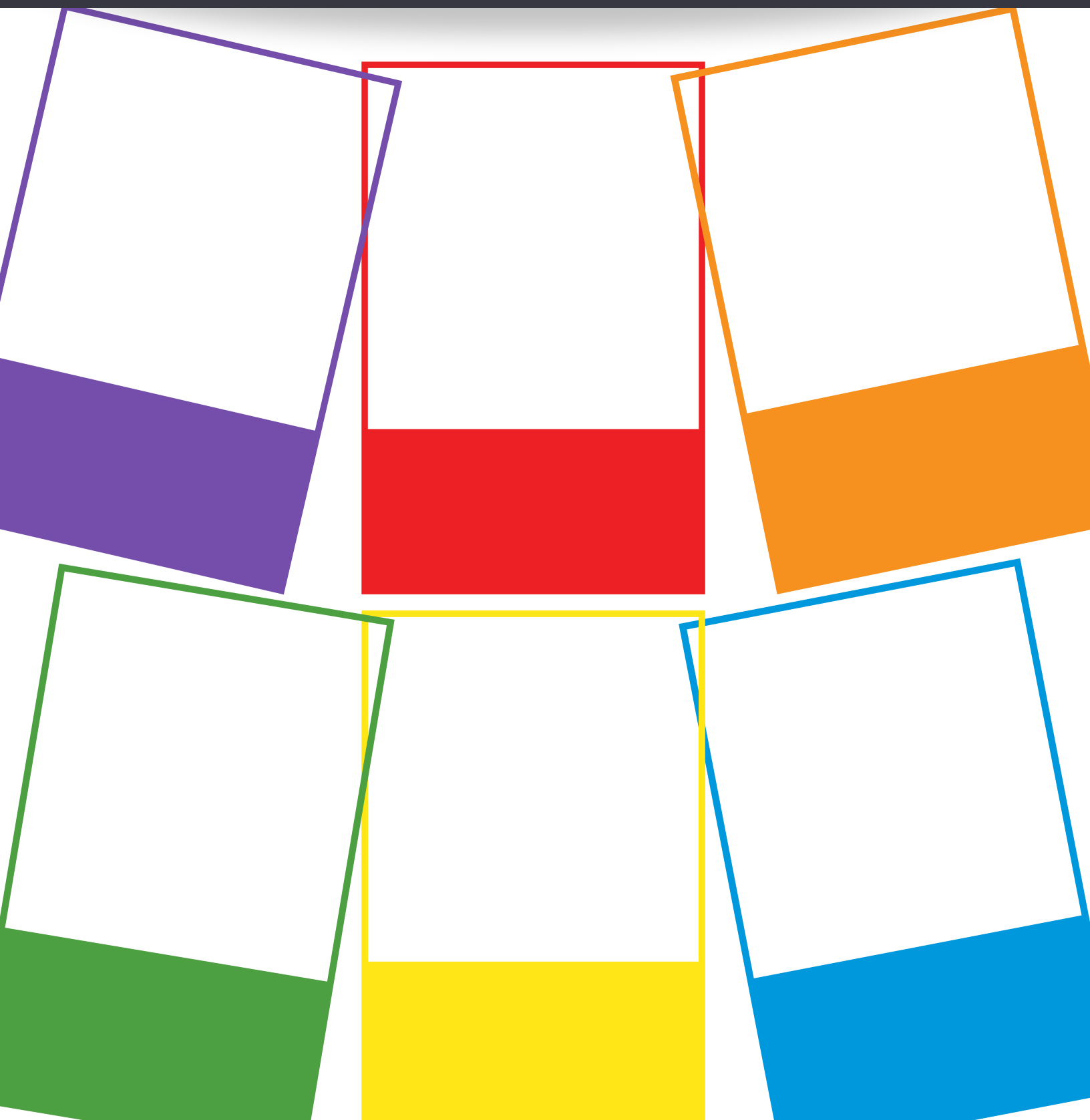
If coming up with physical activity to do each day is too hard, try creating TINY HABITS each day to crush the goal of 60 minutes a day.

- Make an obstacle course in your house
- Walk to nearby places instead of driving
- Go on a family bike ride
- Do jumping jacks between tv shows

At Home Workout Challenge

Repeat this workout 3 times, and see who can get done the fastest!

- Skip down the hall 3 times
- Pretend you have a jump rope and jump 25 times
- 25 sit ups
- 10 pushups
- 25 frog jumps down the hall
- 25 high knees

Draw a picture in each photograph of the different types of physical activity you did today

Optional: Include how many minutes you were active. Did you meet the healthy habit?