

The month of May 95210 Health Initiative, is to "Get at least 1 hour of physical activity each day". This is especially important during this time that we are observing the "stay -at-home-order".

Physical activity has many health benefits in addition to the calorie consumption needed to achieve a healthy weight... unfortunately, research shows that most children don't get enough.

Some statistics have shown that 23.1% of students do not meet the recommended 60 minutes of activity on any day of the week (*this was prior to the stay at home order*).

In our current situation, with the stay at home order, it is especially important that our children make an extra effort to get at a minimum 1 hour daily of physical activity. Children need 60 minutes of moderate to vigorous active play every day. This may sound like a lot, but it does not need to happen at one time

Benefits of Physical Activity- Children that are active are more likely to:

- Feel less stressed and have better overall mental, physical, emotional wellbeing
- Feel better about themselves
- Feel more ready to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

Tips for Increasing Physical Activity

- Engage in physical activity as a family-plan a weekend family hike or schedule weekly bike rides together
- Offer gifts or rewards that promote physical activity where possible- i.e. jump ropes, hula hoops, frisbees and kites
- In-cooperate physical activity into your everyday life. Walk or ride your bike to work, school, or a friend's house
- Spread it out! For some people it easier to work in 20 minutes of exercise a few times per day rather than 60 minutes all at once
- Make it fun and interesting. Encourage your child/children to try something new each week or month to develop a variety of interests. This is a great time for all of us to learn a new sport or try something new