

95210 Health Initiative: Get at least 1 hour of physical activity each day

Participation in daily physical activity has many health benefits including the calorie consumption needed to achieve a healthy weight. Unfortunately, research shows that most children don't get enough exercise. Some statistics have shown that 24% of children do not meet the recommended 60 minutes of activity on any day of the week. It is recommended by the CDC that children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week. Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, cancer (especially colon, endometrial or lung), dementia, and osteoporosis to mention a few. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles. Remember, incorporating physical activity into your child's daily routine sets the foundation for a lifetime of fitness and good health. Children ages 6 to 13 can also have improved cognitive function, such as thinking and memory skills, with regular physical activity. Make sure the mitigation plans are taken into consideration

Benefits of Physical Activity

- Feel less stressed and have better overall mental, physical, emotional wellbeing
- Feel better and more confident about themselves
- Feel more ready to learn in school
- It reduces children's risk later in life of getting heart disease, cancer and type-2 diabetes
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- It improves children's coordination, balance, posture and flexibility
- Sleep better at night

Click on this link to read more about the benefits of physical activity:

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

You can share this short video with your child on benefits of exercise:

<https://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>

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. The more physical activity we participate in, the less sedentary we are and the healthier the overall outcome.