

Physical Activity

Try to get at least one hour of physical activity every day. Try to breathe heavier, sweat or make your heart beat faster. Here are some fun activities to try:

- Ride a bike
- Jump rope
- Play tag
- Walk to the park
- Karate, boxing
- Yoga
- Run
- Dance
- Swim
- Wii or Xbox
- Kinect active games
- Sports – soccer, baseball, basketball, football, volleyball, lacrosse, hockey
- Exercise videos, exercise on demand channel or exercise YouTube videos

Tips

- Look into school options, local YMCA, gym membership or park and recreation departments for your area.
- Choose fun activities you can do alone. Look into joining a team or class. Find a friend or family member to be active with you.
- You can break up the activity. Try doing two 30 minute activities to total 60 minutes.

Sedentary Activity

This keeps you from moving for periods of time. Try to have two hours or less of all of these activities together in one day:

- Watching/streaming TV, shows, movies
- Playing video games
- Using the computer
- Talking or texting on the phone

Tips

- Start by cutting back sedentary activity by 30 minutes a day. The goal is to have 2 hours or less.
- Do your physical activity before starting any screen time.
- Set timers to remind you when sedentary activity time is up.
- Have everyone in the house make the same changes. This helps the whole family become healthier!

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.