

life is why **Family Health Challenge**™

Hey Kids! Try these Tips to Get Active

Doctors say kids your age should be physically active for at least 60 minutes a day. Here are some tips to keep in mind during physical activity:

- 1. Physical activity is fun!** Being physically active doesn't have to be a hard or scary thing. Did you know that riding bikes with your friends, jumping rope, playing hopscotch, and running around the park with your friends are all types of physical activity? Any game where you are up and moving are great ways to stay physically active and make your heart, bones, and muscles strong.
- 2. Keep it exciting:** Ask your friends what their favorite types of physical activity are and make a list of all of them. Make a deal with your friends to try a new activity off the list each week. Who knows, you may learn a new game!
- 3. On the playground:** Do you sometimes get scared to play a sport with your friends because you think you don't know how? That's okay, no one knows how to play every sport. So, the next time your friends start playing a game that you aren't sure of, ask one of them for help. They will be happy to show you and glad that you are playing with them!
- 4. After school:** We all have our favorite TV shows and video games, but did you know that too much of those are bad for your health? The more we watch TV or play video games, the less physically active we are. It is okay to do those things some of the time, but no more than 2 hours a day. Ask your parents to help you keep a chart of how long you watch TV or play video games each day and when you come home from school go for a bike ride or shoot some hoops before starting on your homework. Not only will you feel better, but you will think better too!
- 5. Warm up before you start. For example, if you're going to be running, start by walking. Then walk fast, and then speed up to a jog to increase your heart rate.** **Fun Fact: A "warm up" is really your muscles "warming up!" When you aren't active your muscles are cooler and tighter. Make it easier on your muscles by letting them get gradually loose and warmer instead of making them go straight from cold to hot (this is also important after your workout to keep from going from hot to cold too fast).
- 6. Stretching after any workout is very important to help prevent injury or strain.** **Fun Tip: Pick 2 to 3 of your favorite songs to play while you are stretching and don't stop stretching until those songs

are over. This will help the minutes go by fast and make sure you are stretching long enough.

7. **Water is your friend – the harder and longer you work out, the more you need to hydrate.** **Fun Fact: Did you know that 70% of your body is made of water? Make sure to replace whatever water you sweat out after each workout- your body needs it!
8. **Mix it up and keep it fun! Don't get stuck in a workout rut. Try and incorporate a new exercise every few weeks to keep you motivated.** **Fun Fact: Did you know that your body can get used to an exercise? After a while your same workout won't have the same effects. Try a lot of different activities and sports to keep your body guessing and to improve your fitness.
9. **Break it up – you don't have to have 60 minute workouts. As long as your daily physical activity adds up to at least 60 minutes, you are okay.** **Fun Tip: Start a "Workout Log" to track your exercise every day. 20 minutes intervals throughout the day will add up fast- who knows, you may even clock more than 60!

When we are smart about the way we play, our bodies can become healthier, stronger, and faster. Try to use new tip a week to recharge your playtime.

