



March 2011



How much physical activity do kids really need?

Children need at least 60 minutes of physical activity every day! Your children may already be meeting the *Physical Activity Guidelines for Americans*, or they may not. Encourage your kids to explore a variety such as sports, dance or fitness classes, walking, running, bicycling, or even gardening. As a parent, be supportive and join in the action!



There are three types of physical activity kids should be participating in:

Aerobic– should make up most of the 60 minutes per day on most days of the week

Muscle Strengthening- such as gymnastics, push-ups or sit-ups; should be at least 3 days of the week

Bone Strengthening– include jump roping or running; at least 3 days of the week

Why is it important for kids to be physically active?

- To grow
- Manage a healthy weight
- Strengthen bones
- Strengthen immune system
- Improve academic improvement
- Participate in teamwork
- Build social skills
- Participate in challenges
- Maintain mental health

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