



Get
**ONE HOUR OF
PHYSICAL ACTIVITY**
Each Day to Keep
Kids Healthy

To stay healthy, your child needs
3 types of activity!



Healthy Heart | Keep the heart and lungs healthy: running, skipping and dancing. Games like “tag,” or sports like soccer are great ways to get aerobic activity.

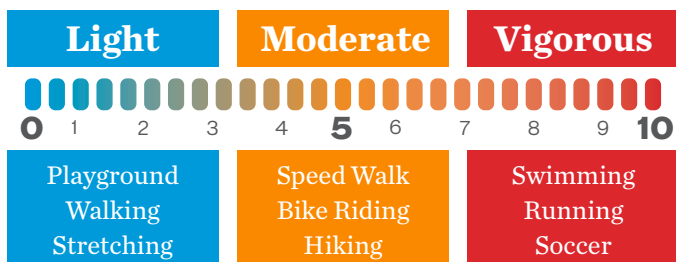


Build Muscle | Encourage your child to do activities that make the muscles stronger at least 3 days a week. Examples of **muscle-strengthening** activities include playing on playground equipment and gymnastics.



Strengthen Bones | Find ways to do exercise that makes the bones stronger at least 3 days a week. Examples of **bone-strengthening** activities include jumping rope, basketball and hopscotch.

Aim for moderate to vigorous activity at least
3 days a week:



- **Light:** Normal breathing and can talk.
- **Moderate:** Your child is working and breathing hard but can still talk. On a scale of 0 to 10, this would be a 5 or 6.
- **Vigorous:** Your child is working hard, sweating and may feel “out of breath.” On a scale of 0 to 10, this would be 7 or higher.



Atrium Health
Levine Children's

Tips for Getting at Least 1 Hour of Physical Activity Every Day

- Be an active family. Your child doesn't need to get the 1 hour all at once!
- 10-minute bursts of physical activity throughout the day is a great way to reach 60 minutes.
- Schedule at least 30 minutes 3 times a week to be active.
- Buy gifts that encourage physical activity (i.e., balls, bikes, jump ropes or kites).
- Find activities your family enjoys doing together! Dancing, hiking, playing sports and swimming can all be great activities that families can do with each other.

How Physical Activity Helps Children and Youth



Improves fitness and builds strong bones and muscles.



Helps control weight and lowers the chance of getting other conditions such as heart disease, cancer and Type 2 diabetes.



Improves grades, school attendance and classroom behaviors.



Children have better attention and memory after a single bout of physical activity.



Improves a child's mental well-being, builds confidence, helps with anxiety and depression, improves social skills, and raises self-esteem.



**FIVE SERVINGS OF
FRUITS & VEGGIES**



**TWO HOURS OR LESS
OF SCREEN TIME**



**ONE HOUR OR MORE
OF PHYSICAL ACTIVITY**



**ZERO SUGARY
DRINKS**

For more information, visit
AtriumHealth.org/HealthyTogether