Public Health Tips

May 2017

Physical and Mental Fitness

Physical and mental health is fundamentally linked.
Help kids enjoy their way to a healthier lifestyle!
Habits formed early can last a lifetime.

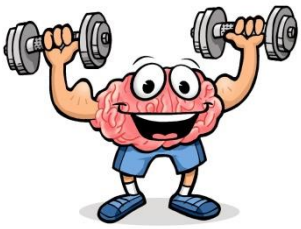
Children and adolescents should accumulate at least **one hour** of medium to intense physical activity daily. More is even better!

Here are some tips to help kids get active:

- Encourage walking to school and getting active as a family
- Get them to skateboard, bike, walk or run instead of getting a ride
- Ask them to walk the dog
- Encourage them to do something they enjoy - run, jump, swim, skateboard, play tag
- Have them rake the leaves or carry the groceries
- Replace computer and TV time with something active
- Have them set physical activity goals with friends and family to help with motivation

Health Benefits:

- Opportunities for socializing
- Improved fitness
- Increased concentration
- Better academic scores
- Stronger heart, bones and healthier muscles
- Healthy growth and development
- Improved self-esteem
- Better posture and balance
- Lower stress



Did you know…

Being active at home or at school will help kids have more energy, feel healthy and strong.
This will help them feel good about themselves!

For more info visit:
http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php
https://ontario.cmha.ca/documents/connection-between-mental-and-physical-health/