

## **Enjoy the Journey to a Healthier Lifestyle!**

Physical activity plays an important role in health and well being, and is especially important for children and youth. Not only can it increase quality of life now, but early positive physical activity habits will last a lifetime.

### **Tips to get Kids Active**

- Encourage walking to school
- Try a new activity such as biking, running or skateboarding
- Walk the family pet
- Make outdoor chores more fun by doing them together, such as raking leaves or shoveling snow
- Put on their favorite music and encourage them to dance
- Cut computer, television or phone time with a trip to the park
- Join a sports team

How much physical activity do children need? One hour of moderate to vigorous intensity is suggested for children ages 5-11 daily. Try to include activities that strengthen muscles and bone at least three times a week. Climbing and swinging on playground equipment is an example of a muscle strengthening activity, while running, walking and jumping rope are all great for strengthening bones.

### **Health Benefits**

- Increase chances for making new friends
- Improved fitness
- Increased ability to focus on tasks
- Better academic scores in school
- Stronger heart, bones and muscles
- Healthy growth and development
- Improved self esteem
- Better posture and balance
- Lower stress levels

### **For Parents**

Keep in mind that being active doesn't have to be difficult or expensive. There are many ways to make physical activity a part of daily life at home, at work or at play.

Getting started is easier than you think and can be fun. Start now and slowly increase your own physical activity. Your goals can be met through planned exercise sessions or active forms of transportation like walking or biking. Enjoy the journey with your children to a healthier lifestyle!

Adapted from : <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php>  
Woodstock Education Centre, Anglophone School District- West