

A Parent's Guide to Healthy Kids

Helping Your Child With Their Fitness



As your child enters their preteen years, it is important that physical activity is a part of their day to day lives. It builds strength, coordination, and confidence, which can help set your child up for success in other ways, both at school and at home. In addition, encouraging exercise for your child now will set the stage for healthier lifestyles when they are older.

To help your child develop and maintain healthy exercise habits, we have put together some helpful information and tips your child should know:

- 1 60 Minutes:** Children and adolescents aged 6 to 17 years need at least 60-minutes of moderate-to-vigorous intensity physical activity daily



- 2 Aerobic Activity:** Most of your child's daily 60-minutes of physical activity should be aerobic activities, like walking, running, or anything that makes their hearts beat faster. In addition, encourage them to do aerobic activities at least 3 days a week that make them breathe fast and their hearts pound.
- 3 Muscle-Strengthening:** Include muscle-strengthening activities, such as climbing or doing push-ups, at least 3 days per week as part of your child's daily exercise regiment or more.
- 4 Bone-Strengthening:** Have your child do some bone-strengthening activities, such as jumping or running, at least 3 days per week as part of their daily 60-minutes or more of physical activity.
- 5 Get Outside.** Encourage them to help with yardwork, go for a walk, or take a bike ride.



- 6 Indoor Workout Ideas During COVID Social Distancing or Cold/Inclement Weather:**

Pushups

Sit-ups

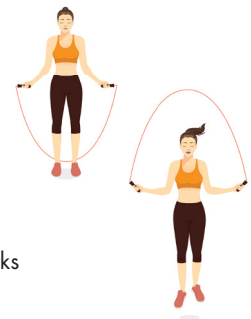
Wall-sits

Jump rope

Step-ups

Jumping jacks

Squats



Engage in active family play time. Any game that gets everyone up and moving counts

Make television watching more active by doing jumping jacks or push-ups during the commercials