

New Year's Resolution for Your Kids:



GET ACTIVE!!!!!!!

Parents should make sure that their kids get enough **exercise**. So, how much is enough? Kids and teens get 60 minutes or more of physical activity daily!

These 60 minutes should be a combination of **aerobic activity, muscle strengthening and bone strengthening.**

Aerobic Activity: Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either:

-**moderate-intensity aerobic activity**- your child is working hard enough to raise their heart rate and break a sweat, such as brisk walking



-vigorous-intensity activity-your child is breathing hard and fast, their heart rate has increased significantly, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.



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Muscle Strengthening: Incorporate into your child’s 60 min/day, 3x/week. These activities can include sit-ups, push-ups, pull-ups, climbing, gymnastics

Bone Strengthening: Incorporate into your child’s 60 min/day, 3x/week. These activities can include jumping rope and running



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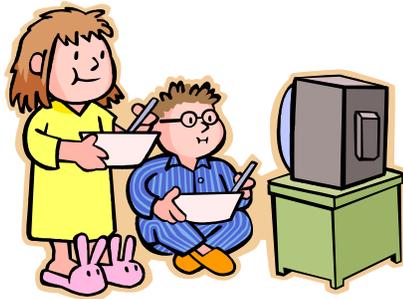
The National Association for Sport and Physical Education (NASPE) offers these activity guidelines for infants, toddlers, and preschoolers:

Age	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1½ hours	30 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
Preschooler	2 hours	60 minutes planned physical activity AND 60 minutes

unstructured physical activity (free play)
School age 1 hour or more Break up into bouts of 15 minutes or more

Infants and young children should not be inactive for prolonged periods of time — no more than 1 hour unless they're sleeping. And school-age children should not be inactive for periods longer than 2 hours.

Children Are Becoming More Sedentary!!!!



- The percentage of obese children and teens has more than doubled in the past 30 years
- According to the Kaiser Family Foundation, 8 to 18 year olds watch about **4.5 hours of t.v.** and the average kid spends **7 hours** on all **screen media** combined
- The American Academy of Pediatrics (AAP)** recommends limiting screen time:
 - Kids **under 2** should **not watch t.v** at all
 - Kids **older than 2**, restricted to **1-2 hours/day** of quality programming

The Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger [muscles and bones](#)
- have a leaner body because exercise helps control body fat
- be less likely to become [overweight](#)

- decrease the risk of developing [type 2 diabetes](#)
- possibly lower [blood pressure](#) and blood cholesterol levels
- have a better outlook on life



GET OUT AND HAVE A HAPPY AND HEALTHY 2013!!!!

Carolyn Graham, MS,P.T.

References:

www.cdc.gov/

kidshealth.org

www.nhs.uk/