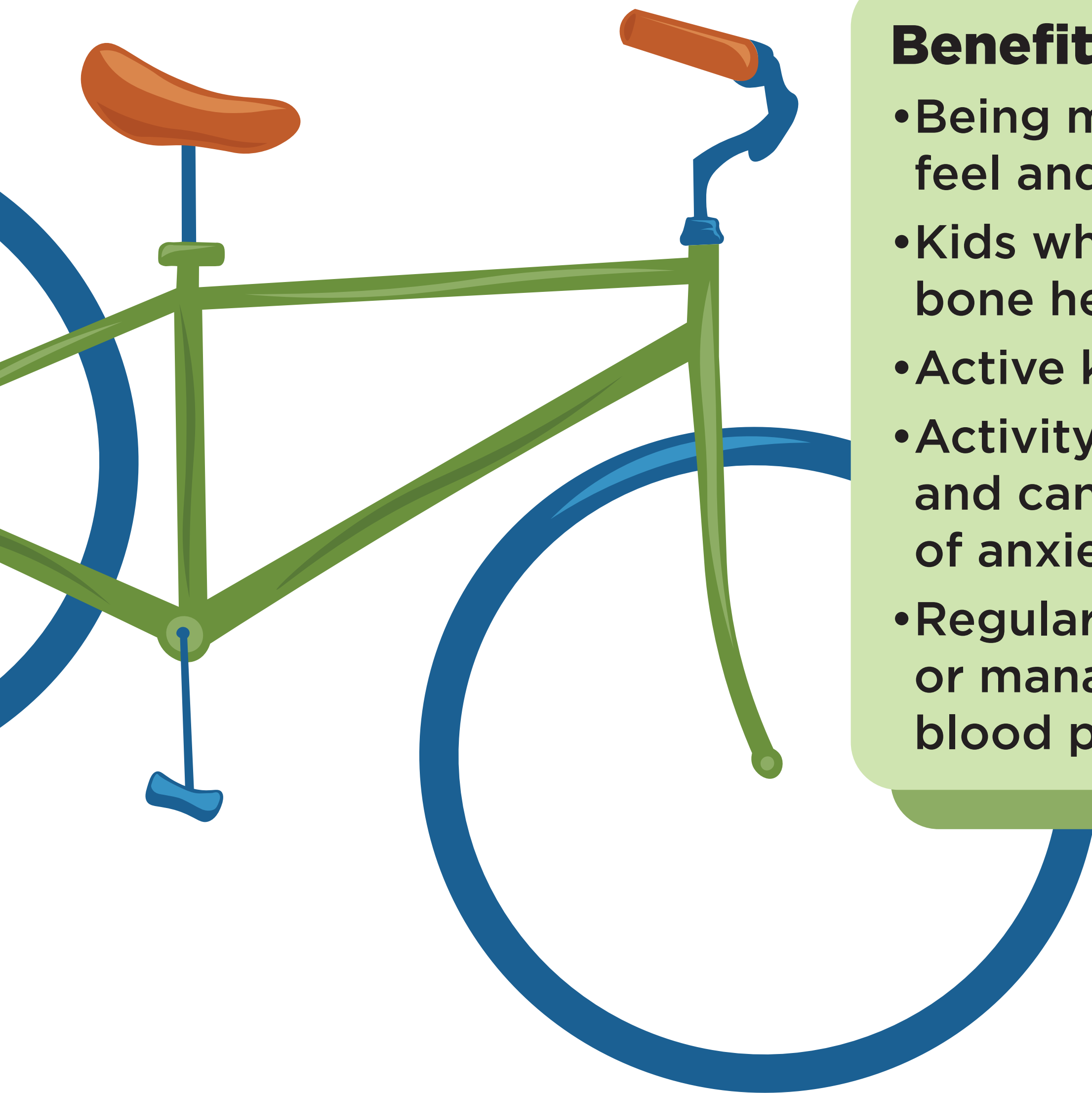


BE AN ACTIVE FAMILY



Benefits

- Being more active helps you think, feel and sleep better.
- Kids who are active have better bone health and brain function.
- Active kids do better in school.
- Activity is good for mental health and can lead to fewer symptoms of anxiety or depression.
- Regular physical activity helps prevent or manage type 2 diabetes, obesity, high blood pressure, and high cholesterol.



The Physical Activity Guidelines for Americans recommend

Adults

- 150+ minutes/week moderate activity or 75+ minutes of vigorous activity
- Even more benefit with 300+ minutes/week

Kids and teens (6-17)

- 60+ minutes/day moderate to vigorous activity

Young children (3-5)

- Active play throughout the day
- Aim for 3 hours/day of a combination of light, moderate, and vigorous activities

Light vs. moderate vs. vigorous activity

Light

Daily activities that don't increase heart rate or breathing rate much above resting

- Easy walking
- Light household chores
- Tossing a ball
- Cooking
- Stretching

Moderate

Heart rate and breathing are a bit higher, but you can still have a conversation

- Brisk walking
- Water aerobics
- Gardening
- Dancing
- Biking at an easy pace
- Skateboarding

Vigorous

It is difficult to talk without getting out of breath

- Hiking uphill
- Running
- Heavy yardwork
- Biking at a fast pace
- Jumping rope
- Competitive sports

If 30 or 60 minutes seems like a lot, start with just 10 minutes!