



# Physical Activity

## *Fitting in Physical Activity*

The American Heart Association recommends children get at least 60 minutes of physical activity every day.

### # Why be Active?



#### Mental Benefits

- Improves your sleep
- Gives you more energy
- Helps you concentrate

#### Health Benefits

- Lose weight
- Lower blood pressure
- Reduce risk of heart disease



\*American Council of Exercise

### # How much is enough?

#### Adults

- 30 Minutes Daily



#### Youth

- 60 Minutes Daily



### # Being Physically active at home can be a challenge

**Family Physical Activity Night:** Once each week have a family physical activity night in which the family takes a bike ride, goes for a walk or plays an active game.

**Are you fitter than a Middle School Student?** Challenge your child to see if you are fitter than a middle school student. Choose five physical activities in which you can compete against your child and record your scores.

#### **Challenge Examples:**

- How many sit ups can you do in one minute?
- How many push ups can you do in a minute?
- How far can you jump forward from standing?
- How fast can you walk or run a mile?
- How many times can you jump a rope in a minute?
- How flexible are you? While seated with legs straight out in front of you, how far can you reach.

**Please complete the form on the back of this paper and return it to school with your child, so that they can get a cool prize. Thank You!**



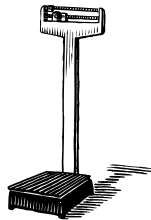
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## Activities Parents and Children can do Together

Day	Name	Total Minutes	Type of Exercise
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Challenge your family to see who can exercise more in the next week using this chart.**

- An extra 100 calories a day for a year equals **10 extra pounds of weight.**
- Keep a **healthy** mind and **body** by **balancing** food and beverages consumed with physical activity to avoid weight gain.



**For more information about classes contact:#**



**Please sign the bottom of this form and return it to school with your child so they can get a prize. Thank You!**

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. *The University of Idaho is an equal opportunity employer, pro-*

**I have read the information in the newsletter and participated in at least one of the activities with my child.**

Student's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_