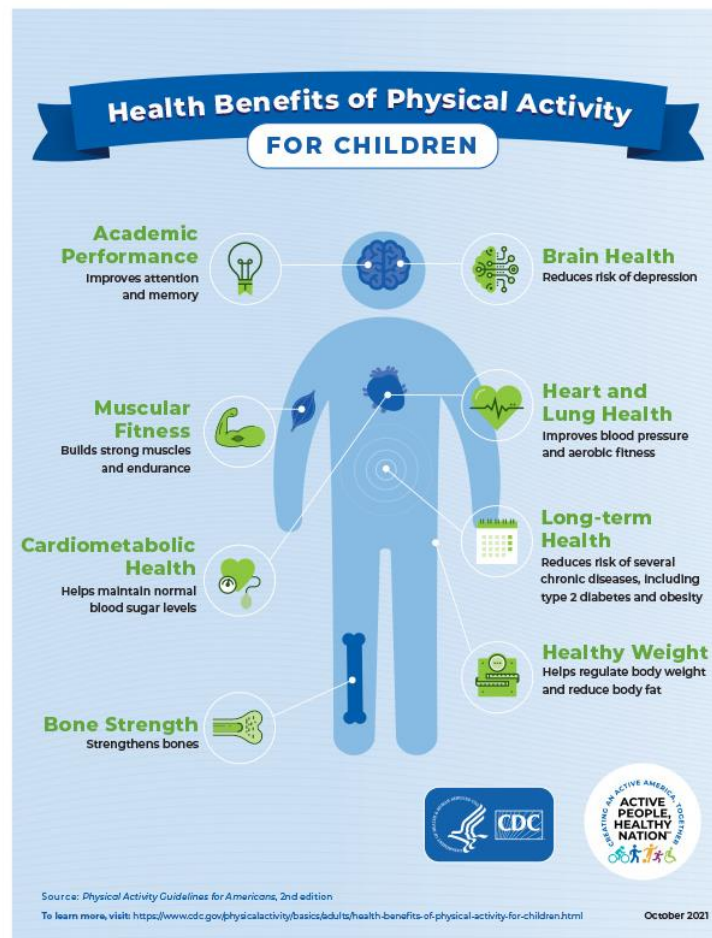


Activity

Remaining as active as possible will help your child feel better and heal faster. Regular movement and exercise helps improve the function of your immune system, promotes high quality sleep, reduces feelings of anxiety and depression, regulates body weight, reduces the risk of chronic diseases (like diabetes and heart disease), and strengthens bones. Activity includes not only formal exercise but also decreasing the amount of time you are sedentary (or sitting and not moving around much).



From the Centers for Disease Control and Prevention (CDC.gov)

Simple tips for incorporating more activity into your daily life:

- Ask your doctor if team sports are safe for your child.
- Take the stairs instead of the elevator.
- Park at the back of the parking lot.

- If sitting at a desk for long periods, take a standing break every 20 minutes, setup a standing desk, or take a 5 minute walk around the house or neighborhood every hour.
- Do some quick and easy living room activities when watching TV:
 - Push ups, sit ups, jumping jacks, jump rope, sit-to-stand, plank, lift weights
- Instead of watching TV in the evenings, do a few family activities (see below).
- Work to decrease the amount of time you sit in front of a screen.
 - Pick either watching TV, browsing social media, or playing video games, but not all 3 in one day.
 - Limit screen time to less than 1 hour daily for children 2-5yrs old, and less than 2 hours daily for 6yrs+.
 - Children less than 2yrs old should be discouraged from having any screen time.
- Get outside more! It's easier to be active outside. Always be sure to wear a sun shirt, a hat, and/or sunscreen to protect your skin.

Fun activities to do with the whole family:

- Take a family walk or bike ride.
- Play catch or Frisbee.
- Play ping-pong if you or a friend have a table.
- Duck-duck-goose
- Tag
- Hide and seek
- Red-light/green-light

Sports to keep your child active:

- Basketball
- Ice skating
- Tennis
- Soccer
- Swimming

How much activity does my child need?

- **<3yrs of age:** Children should not be inactive for more than 1hour at a time, unless they are sleeping. Otherwise they should be engaging in play, which can include parent-guided active play or free, self-guided play (with supervision).
- **3-5yrs old:** Children should be encouraged to be active all throughout their day, engaging in active play most of the day, remaining inactive for no more than 1hour at a time.
- **6yrs+:** Children should be active for at least 60 minutes every day. This should include a mix of aerobic activity (something that gets their heart beating fast like running or basketball), muscle strengthening activity (like climbing, push ups, etc.), and bone strengthening activities (like running and jumping). They should reduce the amount of sitting they do by incorporating the simple tips listed above.
- **Adults:** 150 minutes of physical activity weekly (this could be 30 minutes daily 5 times per week, or however it fits into your schedule). This should be a mix of aerobic activity, muscle strengthening activity, and bone strengthening activity.

Helpful Activity Resources:

- CDC - Aerobic, muscle, and bone strengthening activities for children:
https://www.cdc.gov/physicalactivity/basics/children/what_counts.htm
- CDC - Making physical activity part of your child's life:
<https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>
- American Academy of Pediatrics – Encourage Your Child to Be Active:
<https://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx>
- Physical Activity Guidelines for Americans:
https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf