

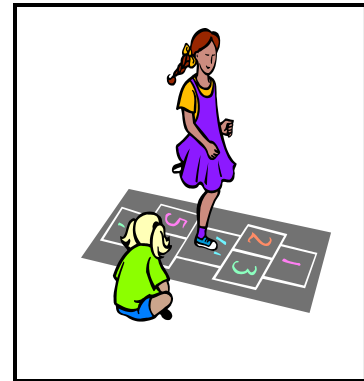
Fitness is Fun



Physical fitness is an important part of being healthy. It is recommended that children get a total of 60 minutes of physical activity a day. This includes walking to school, riding bikes, doing their chores and going to the park. As a society we are increasing our time in front of the screen, watching television, working on the computer and playing video games. To make more time for physical activity, limit screen time to two hours per day.

Why increase your physical activity?

- **Decreases the risk of some illnesses** like heart disease and diabetes.
- **Helps maintain weight.**
- **Improves concentration and ability to learn.**
- **Improves self image.**
- **Improves mood.** “Feel good” hormones called endorphins are released in the body after 20 minutes of strenuous physical activity.
- **Improves sleep.**



Helpful hints to increase physical activities for children

- Take a family walk after dinner.
- Play games on the weekends as a family.
- Walk or ride bikes to the store, to school or to friends' homes.
- Encourage your child to build a fort in the house.
- Turn on music to sing and dance to when doing chores or making dinner.
- Play hopscotch or jump rope.
- Involve the whole family, make small changes and keep it fun!

