

## ***5-4-3-2-1 Go!***

- **5** servings of fruits and vegetables a day
- **4** servings of water a day
- **3** servings of low-fat dairy a day
- **2** hours or less of screen time a day
- **1** hour or more of physical activity a day



- The *5-4-3-2-1 Go!* message was developed by the Consortium to Lower Obesity in Chicago Children (CLOCC) at Children’s Memorial Hospital.
- The message is focused on 5 healthy lifestyle behaviors to help children and their families be more healthy.
- 5-4-3-2-1 Go!* promotes:
  - **5** servings of fruits and vegetables a day
  - **4** servings of water a day
  - **3** servings of low-fat dairy a day
  - **2** hours or less of screen time a day
  - **1** hour or more of physical activity a day
- This message was developed with the 3-5 year old child in mind, but is a healthy message for the entire family.
- Today, we are going to focus on the importance of 1 hour or more of physical activity each day.



**1 or More Hour of Physical  
Activity a Day**

Introduce 5-4-3-2-1 concept

Explain that today we will discuss the why's and how's around children having 1 hour or more of physical activity per day

## What We Will Cover

- ✦ Why is physical activity important for children and families?
- ✦ How can families be active at least 60 minutes a day?



- Today we will focus on these two main questions.
  - Why is physical activity important?
  - Strategies to get to 1 hour of activity each day.

## Why is Activity Important?



- Lets hear from you first.

- **DISCUSSION** →

- **Why do you think being active is important?**

## Benefits of regular physical activity

- ✦ Reduces risk for:
  - ✦ Heart attack
  - ✦ Colon cancer
  - ✦ Diabetes
  - ✦ High blood pressure
- ✦ Associated with fewer:
  - ✦ Hospitalizations
  - ✦ Physicians visits
  - ✦ Medications



- There are many benefits to exercising every day.
- Regular physical activity reduces people's risk for heart attack, colon cancer, diabetes, and high blood pressure.
- Children who are more physically active have fewer hospitalizations, doctors visits and require less medication than those who are less active.

## Benefits of regular physical activity

- ✦ Helps control weight
- ✦ Contributes to healthy bones, muscles, and joints
- ✦ Reduces symptoms of anxiety and depression
- ✦ For Kids:
  - ✦ Physical Activity = PLAY!



### •Benefits of regular physical activity cont:

- Physical activity helps to control weight. It contributes to healthy bones, muscles, and joints.
- Activity reduces the symptoms of anxiety and depression.
- Plus, it helps reduce stress and it gives you more energy.
- An important thing to remember that being active for a child means PLAYING!  
Having fun, being with friends and moving.

## How much physical activity do you need?

For children:  At least 60 minutes

For adults:  At least 30 minutes



- Everyone should aim for 60 minutes or more of physical activity per day to achieve the benefits of activity and ward off the dangers of inactivity.

- It is recommended that children ages 5-12 receive at least 60 minutes of age-appropriate physical activity on most if not all days of the week, and this should include both moderate and vigorous physical activity.

- However, it's not expected that children will engage in physical activity non-stop for all 60 minutes.

- It is likely that they will have frequent rest periods.

- Thus, 60 minutes is the minimum, and bouts of activity over several hours is recommended.

(Murphy, 2002. "Accumulation of brisk walking..." *Medicine and Science in Sports and Exercise*, 34.

NASPE, 2004. "Physical Activity for Children...")

## What Counts?

### ★ Moderate Physical Activity

- ◇ breathing and heart rate is noticeably faster but you can still carry on a conversation

### ★ Vigorous Physical Activity

- ◇ breathing too hard and fast to have a conversation



## Moderate Physical Activity

### Examples

- ✦ Brisk walking
- ✦ Swimming
- ✦ Cycling
- ✦ Yard work / gardening
- ✦ Dancing
- ✦ Housework (Sweeping, moping)



•Here are some examples of moderate physical activities:

•Brisk walking, swimming, cycling, yard work & gardening, dancing, and domestic & occupational activities can be considered moderate physical activities.

•Basically, anything that uses large muscle groups and is equivalent to brisk walking should do, even if it's vacuuming the carpet or swinging across jungle gym bars!

•Source: CDC, 2005.

## Vigorous Physical Activity

### Examples

- ✦ Jogging/running
- ✦ Lap swimming
- ✦ Cycling
- ✦ Aerobic dance
- ✦ Skating
- ✦ Jump rope
- ✦ Hiking
- ✦ Racquet sports
- ✦ Competitive group sports



•Here are some examples of vigorous physical activities:

•You can jog or run, swim laps, take your bike out for a hard ride, do aerobics, skate or skateboard, jump rope, hike in the forest preserves, play tennis or racquetball, or play a competitive team sport like soccer or basketball.

•Basically, anything that gets you breathing hard, sweating heavily, or increasing your heart rate is likely to be a vigorous physical activity.

Source: CDC, 2005.

## How to be an Active Family



- Lets hear from you first.

- **DISCUSSION** →

- **What are some ways that you and your family are active together?**

## How to help your child

- ✦ Be a good role model
- ✦ Encourage physical activity
  - ✦ Sports, games, play
- ✦ Limit screen time



- So once you're active, how do you get your child to be active too?
- Children tend to mimic their parents, so it pays to be a good role model.
- Not only can you be a great role model for your child, but you can get them in the habit of being physically active early.
- Encourage them when they show interest in sports or active games like jump rope, hop scotch or tag.
- Turning on the TV is an easy way to keep them out of your hair, but too much screen time can not only impact their attention span and test scores, it's also a major factor in the rising levels of obesity.
- Consider TV to be a reward, not a norm – if they've already done their chores, finished their homework and been very physically active, then they can watch their favorite program.

## How to help your child

- ✦ Play with your kids
  - ✧ Jump rope, soccer, dance
- ✦ Take a family walk
  - ✧ To the park, to school, around the neighborhood, to the store
- ✦ Enroll your kids in after-school sports or the Park District.



- We all talk about quality time with our children.
- Make that quality time be active too.
- Play with your kids, or take a family walk.
- Take a soccer ball or football with you to the park.
- Check to see what after-school programs have sports or active games in your neighborhood.
- Check with the Park District, YMCA or other local agency to see what summer programs they offer.

