

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





**1 or More Hour of Physical
Activity a 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?



Why is Activity Important?



Benefits of regular physical activity

★ Reduces risk for:

- ✧ Heart attack
- ✧ Colon cancer
- ✧ Diabetes
- ✧ High blood pressure

★ Associated with fewer:

- ✧ Hospitalizations
- ✧ Physicians visits
- ✧ Medications



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!



How much physical activity do you need?

For children:  At least 60 minutes

For adults:  At least 30 minutes



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)



Vigorous Physical Activity

Examples

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



How to be an Active Family



How to help your child

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



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.



