

Be Active Your Way, Kids

Be physically active at least 60 minutes, up to several hours, every day.



Be active every day

- ◆ Make physical activity a part of your child's life.
- ◆ Include a variety of physical activities every day.

Physical activity for children

- ◆ Inactive children are more likely than active children to become sedentary adults.
- ◆ Lifelong recreational skills are learned during the school years.
- ◆ Children whose parents and families are active together are more likely to be active than children whose families are not active.



Lifestyle activities

Do as often as possible

- ◆ Play outside
- ◆ Help with chores
- ◆ Take the stairs instead of the elevator
- ◆ Pick up toys
- ◆ Walk



Muscle strengthening

Do three times a week

- ◆ Tug-of-war
- ◆ Rope climb
- ◆ Pull-ups
- ◆ Sit-ups
- ◆ Push-ups



How can I keep my child active?

- ◆ Be a role model and be physically active yourself.
- ◆ Make physical activity part of your family's daily routine.
 - Take family walks.
 - Play active games together.
- ◆ Make physical activity fun.
- ◆ Be safe — provide protective equipment (helmets and kneepads).



Aerobic activities

Do something every day

- ◆ Dance
- ◆ Skateboard
- ◆ Ride your bike
- ◆ Martial arts, like karate
- ◆ Basketball
- ◆ Swimming
- ◆ Tennis
- ◆ Soccer



Find your balance between activity and fun

- ◆ Move more.
- ◆ Be physically active 60 minutes, up to several hours a day.
- ◆ Walk, dance, bike or rollerblade – it all counts.

How great is that?



Inactivity

Cut down

- ◆ Watching TV
- ◆ Playing on the computer
- ◆ Sitting too long
- ◆ Playing video games



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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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