

In Your Community: Get Active!

- Check out what your community has to offer. Explore Community Education, Parks & Recreation Programs, 4-H Youth Programs, YMCA Programs and Sports Teams.
- Take advantage of skate parks, bike trails, hiking routes, community pools, playgrounds and park areas, which are all great places for families to have fun and get fit together!



Fit Families On the Move

 **Healthy Kids
Healthy Weight**

At School → Make Physical Activity A Daily Habit!

Physical Education:

- Encourage your child to fully participate in physical education class.
- Check with your child's physical education teacher to see what you can do at home to help improve your child's health and fitness level.
- Help your child to be prepared for class with comfortable clothes and athletic shoes.

Recess:

- Encourage your child to be physically active at recess by playing games & sports.
- Encourage your child's school to offer walking clubs or other activity programs during recess or after school.



How Much Activity Is Healthy?

Children and adolescents need enjoyable physical activities that total at least 60 minutes per day. The activity can be moderate, but should make the heart beat faster and the breathing heavier than normal. Greater health benefits can be achieved by participating in activities that are more strenuous for 20 minutes or more at least three times per week.

Adults Need To Be Active Too!

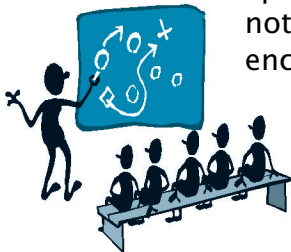
Be a role model for your kids.

It's recommended that adults spend a minimum of 30 minutes each day being physically active. It's okay for adults to divide it up into smaller blocks of 10-15 minutes. Take a short walk in the morning, at lunch, in the afternoon and after dinner!



What About Sports?

Sports give children a chance to learn skills and be active. If your child is interested in playing a sport, give your support. Sports are not for everyone. If your child is not interested, don't force the issue. You can encourage your child to be active in other ways like:



- bicycling
- walking
- swimming
- rollerblading
- snowboarding
- skateboarding
- yoga
- dance
- karate

Use the BUDDY System!

Having a buddy makes it easier and safer to keep active. It's more fun to be active with a friend – for kids and adults. A buddy can encourage you to keep moving! Be your child's activity buddy!

Michigan Department
of Community Health



Michigan Department of Community Health and Michigan Department of Education would like to thank the organizations that participated in the development and critical review of this booklet.

Family Independence Agency
Michigan Academy of Family Physicians
Michigan Action For Healthy Kids
Michigan Association of Pediatric Nurse Practitioners
Michigan Association of School Nurses
Michigan Chapter, American Academy of Pediatrics
Michigan Dietetic Association
Michigan Nurses Association
Michigan Osteopathic Association
Michigan State Medical Society
Michigan State University Extension
Michigan State University, Department of Pediatrics and Human Development
Michigan Team Nutrition
United Dairy Industry of Michigan

MDCH Contact Information

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Cardiovascular Health, Nutrition and Physical Activity Section
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"Show me how this helps teachers teach and children learn."
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